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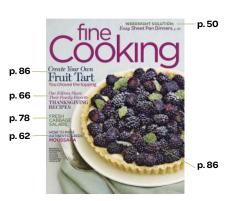
ON LOCATION Louisville's downhome cuisine is all about fresh flavors.

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Tips, techniques, equipment, ingredients, and more, from our experts.

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So long, summer!

I'm going to miss you and your long, sunny days when not only is the living easy, but so is the cooking. As a New Englander, I relish the beautiful weather that I see as my reward for enduring our harsh winters, so I usually have a hard time tearing myself away from the yard or the beach to cook dinner. Good thing for me that an abundance of flavorful,

locally grown produce makes summer meals so effortless: Shuck some corn, slice a big juicy tomato, scatter it with some basil and balsamic, throw a steak on the grill, and—voilà!—dinner's done.

But come fall, I shift gears. The shorter days and cooler temperatures get me jazzed up to start cooking in earnest again. I start eyeing my Dutch oven, planning slow-braised stews and long-simmered sauces. At the farmers' market, I'm excited by the variety of late-summer and early-fall produce—so many different potatoes, apples, and squashes to choose from! I look forward to Sunday afternoons when football is on TV and I have an excuse to stay in the house and spend a relaxing chunk of time in the kitchen.

One of my first Sunday "projects" is going to be moussaka. I've always adored this classic Greek casserole, and in this issue, we have a great step-by-step article on how to make it (p. 62), written by a New York City schoolteacher of Greek descent who spends her summers on Crete, learning to cook as her relatives do. Not only will it be flat-out delicious, it'll also be a wonderful way to showcase the beautiful potatoes and late-season eggplant that I know I'll feel compelled to buy at the farmers' market (I tend to be a bit of a shopaholic where produce is concerned).

As for the rest of the season's bounty, this autumn we're shining the spotlight on cabbage ("Beyond Slaw," p. 78), apples (Food Science, p. 33), Concord grapes (Try This, p. 19), and pears (3 Ways With..., p. 22). Plus, we have a brilliant Create Your Own Recipe feature on French fresh fruit tarts ("A Tart for All Seasons," p. 86) that shows you how to make a crisp, buttery pastry shell and an insanely delicious cream filling, flavor them however you like, and artfully top them with whichever fruits are at their peak, now and at every other time of the year.

Of course, we also have ideas for rushed weeknight meals. In addition to the quick Make It Tonight recipes we have in every issue, there's a feature by first-time *Fine Cooking* contributor Molly Gilbert on "Sheet Pan Suppers" (p. 50), in which she explains how easy it is to cook practically your whole meal on a single pan. Some of her recipes are even company-worthy, so you can go ahead and invite the boss over for dinner on a Friday night.

Last but not least, even though it's probably September as you read this, it's not really too early to start thinking about what you'll be making for Thanksgiving. (For our Canadian readers, it's actually not early at all—Thanksgiving is right around the corner!) This year, we're taking a look at heritage turkeys (p. 84) as well as sharing some of our own holiday recipes ("A *Fine Cooking* Thanksgiving," p. 66). They're the classics—with a twist. Mashed potatoes with manchego cheese and horseradish? Cranberry sauce with bourbon and mint? Yes, please! And welcome, fall!

—Jennifer Armentrout, editor



Curried Chicken Thighs with Cauliflower, Apricots & Olives, page 51, from "Sheet Pan Suppers."

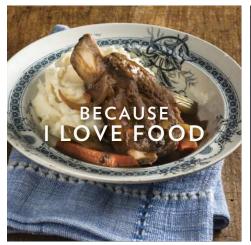


Citrus-Herb Roast Turkey, page 73, from "A Fine Cooking Thanksgiving."

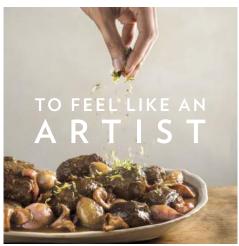






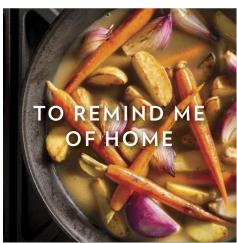


WHY I COOK









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Greek Night

Greek Salad FineCooking.com

Moussaka page 64

Fig & Raspberry Tart page 92

To drink: 2014 Skouras "Salto" Wild Yeast Moscofilero, Peloponnese, Greece (\$18)



Friday Night Family Meal

Herbed Pork Tenderloin with Mustard-Roasted Apples & Potatoes page 54

Black Pepper Acorn Squash page 31

Pear and Dried Cranberry Clafoutis
page 23

To drink: 2013 Domaine Cheveau Mâcon-Fuissé, Burgundy, France (\$20)





Weeknight Pairings

Bourbon-Chipotle Rib-Eye Steak
page 31

Brie and Spinach Farroto page 31

Cod with Pancetta, Artichokes, and Olives page 28

Butter Lettuce Salad with Creamy Tarragon-Poppy Seed Dressing FineCooking.com

Mini-Meatloaves with Chili Sauce page 26

Goat Cheese & Chile Corn Pudding page 74

Pasta Shells with Spinach and Cannellini Beans page 29

Mixed Green Salad with Olives, Serrano Ham, and Sherry Vinaigrette FineCooking.com

> Quick Chicken Pho page 26

Pineapple, Papaya, Starfruit, and Blood Orange Salad FineCooking.com

Autumn Lunch on the Patio

Spiced Carrot-Pine Nut Soup page 71

Taleggio and Garlic Confit Butter spread on toasted baguette with smoked ham page 60

> Pear and Watercress Salad with Honey-Ginger Vinaigrette

> > page 23

To drink: 2013 Heron Pinot Noir, California (\$13)



Vegetarian Thanksgiving

Baked Sweet Potatoes with Coconut Curry Chickpeas

page 27

Mushrooms sautéed with Fall Herb Butter page 61

Middle Eastern Savoy Cabbage Salad

page 80

Hot Buttered Rum Apple Cider page 76

Blackberry-Elderflower Tart page 92

To drink: 2014 Anselmo Mendes Muros Antigos Escolha Loureiro, Vinho Verde, Portugal (\$15)



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Fine Cooking: (ISSN: 1072-5121) is published six times a year by The Taunton Press, Inc., Newtown, CT 06470-5506. Telephone 203-426-8171. Periodicals postage paid at Newtown, CT 06470 and at additional mailing offices. GST paid registration #123210981.

Subscription Rates: U.S., \$29.95 for one year, \$49.95 for two years, \$69.95 for three years. Canada, \$31.95 for one year, \$53.95 for two years, \$75.95 for three years (GST included, payable in U.S. funds). Outside the U.S./Canada: \$36 for one year, \$62 for two years, \$88 for three years (payable in U.S. funds). Single copy U.S., \$6.95. Single copy Canada, \$7.95.

Postmaster: Send address changes to Fine Cooking, The Taunton Press, Inc., 63 South Main St., PO Box 5506, Newtown, CT 06470-5506.

Canada Post: Return undeliverable Canadian addresses to Fine Cooking, c/o Worldwide Mailers, Inc., 2835 Kew Drive, Windsor, ON N8T 3B7, or email to mnfa@taunton.com.

Printed in the USA



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SEARED SCALLOPS RAISIN BACON JAM

INGREDIENTS

RAISIN BACON JAM

- 12 oz. bacon
- 1 cup sliced red onion
- 1 cup sliced yellow onion
- 1/3 cup brown sugar
- 1/2 tsp. allspice
- 1tsp. cocoa
- ¹/₂ cup Sun-Maid Natural Raisins
- ¹/₈ tsp. cayenne pepper
- 4-6 cloves garlic
- 1/2 cup apple juice
- 1/2 cup red wine
- 1 Tbsp. balsamic vinegar

SCALLOPS

- 2 tsp. butter
- 12 Scallops

DIRECTIONS

FOR RAISIN BACON JAM

- In a small pot, cook the bacon until done but not too crispy. Remove from pan and set aside. Drain all but 1 Tbsp. of grease.
- Add onions and cook uncovered over med-low heat 10 mins. Stir often.
- Add brown sugar, allspice, cocoa, raisins, and cayenne pepper. Cook covered on low for 10 mins.
- Add garlic and cook another 5 mins. covered.
- Add apple juice, red wine and balsamic vinegar. Cook for 30 mins. covered on med-low.
- Remove from heat and cool slightly.
- Place bacon jam in a food processor. Pulse on low for 20 secs.

FOR SCALLOPS

- Before searing scallops, pat them dry.
- In a skillet, sear scallops with butter for 2 mins. per side until they brown and split.
- Plate warm scallops. Top with warm bacon jam.
- Serve over saffron risotto (for recipe, visit sunmaid.com/recipe.)

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#finecooking

You talk (or email, post on Facebook, tweet, pin on Pinterest, or Instagram), we listen! Here's what some of you are saying and cooking. Use #finecooking in your social media posts if you'd like to see your words or pictures on this page in upcoming issues.



Bigger Batches!

We just tried the Fried Chicken with Paprika and Honey Butter from the August/September issue and wanted to tell you that it is the best fried chicken we have ever tasted. The honey butter—wow! We are thinking of buying a larger deep fryer for bigger batches in the future.

> -Gail and Don Pfrimmer, Nashville, Tennessee

M In our inbox

I have subscribed to Fine Cooking since issue 31 and the August/ September issue has been my absolute favorite! I went on a mission to prepare every recipe, and I completed the quest today, finishing with the wonderful fresh corn chowder. In this day of finding recipes online, I still prefer your publication, knowing that I can trust the recipes. I plan on subscribing for many years to come.

-Marlene Kohnz, Waterloo, Illinois



Instagram



karisaphil: Garlicky White Bean Burgers from #finecooking magazine . They were great with arugula and some guacamole!



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contributors



A cabbage aficionado, **Laura B. Russell** ("Beyond Slaw," page 78) wrote *Brassicas: Cooking the World's Healthiest Vegetables* in honor of her

favorite family of vegetables. She's also a columnist for Portland's *Oregonian* newspaper.

- My favorite brassica is... broccoli rabe. It has sass to spare.
- The most overlooked brassica is... kohlrabi. It's fantastic raw and cooked, and I hope it becomes the next "it" brassica.
- Hove Portland because... our food scene is so vibrant—coffee, chocolate, charcuterie, salt, bakeries, food carts. The community supports these small, bootstrap startups.



Christina Pelekanos

("Moussaka," page 62) teaches middle-school social studies, but her passion is Greek food. Every year, she travels to see—

and cook with—family in Greece.

- The three things always in my fridge are... eggs, salad greens, and cheese.
- I most want to learn to cook... all the delicious Greek dishes my grandmother used to make.
- My go-to breakfast is... coffee, two fried eggs, crusty bread, and cheese.



A graduate of London's Le Cordon Bleu, **Jennifer Yee** ("A Tart for All Seasons," page 86) heads up the pastry program at Lafayette, a

French café and bakery in New York City.

- For Thanksgiving dessert, I must have... pumpkin pie—and it has to be the authentic specimen, not a deconstructed or modern version.
- My guilty food pleasure is... burgers. Homemade burgers are the best because I can control what goes into them, even the burger buns!
- My current ingredient obsession is...
 matcha tea. Its flavor is intense and can
 be used in things from savory risotto to
 sweet fillings for fruit tarts.



James Beard Award-winning cookbook author **Molly Stevens** ("Heritage Turkeys," page 84) travels the country to teach and research, but she

is happiest at home in Vermont, where she lives with her husband and their dog.

- The best Thanksgiving side dishes are...
 make-ahead vegetable dishes with a
 variety of textures and colors—or anything anyone else offers to bring.
- My favorite thing about Vermont is... the farmers, cooks, cheesemakers, brewers, and producers who appreciate good food and healthy farmland.
- As the days turn cooler, I like to... get my skis tuned.



Cheese guru **Jason Sobocinski** ("The Big Cheese," page 56) is chef and owner of Caseus Fromagerie Bistro in New Haven, Connecticut.

Jason has a master's degree in gastronomy from Boston University.

- When I'm cooking at home, I like to listen to... This American Life on NPR. I love to zone out and hear stories while I cook.
- My favorite part of Thanksgiving dinner is... stuffing. I usually make three or four stuffings, always with a plan for leftovers.
- I like autumn because I get to eat... apples, pork, and farmhouse Cheddars.



A graduate of the French Culinary Institute, **Molly Gilbert** ("Sheet Pan Suppers," page 50) is the author of *Sheet Pan Suppers* and the voice behind the

blog dunkandcrumble.com. Molly lives in Seattle with her husband, Ben.

- My latest kitchen purchase was... a new ice cream scoop. I use it to portion everything from cookie dough to meatballs.
- I like blogging because... of the wonderful sense of community. I've met some amazingly talented friends through my blog.
- My favorite way to cook turkey is... the classic—slathered in butter and fresh herbs, then roasted until crisp.



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Greek Yogurt Four Ways

From the chefs featured on *Fine Cooking*'s TV show, *Moveable Feast*, here are four fabulous recipes featuring Chobani® Greek yogurt. Watch for the show's season 3 premiere on PBS this fall.

Curried Lamb with Cucumber-Dill Raita and Cashew-Raisin Chutney

By Chef Peter Merriman

Serve this dish with basmati rice. Serves 4 to 6

FOR THE CURRIED LAMB

- 2½ lb. boneless lamb shoulder or leg, cut in 1-inch cubes
- 1 Tbs. sea salt
- 1 tsp. coarsely crushed black pepper
- 3 Tbs. vegetable oil
- 2 tsp. ground cinnamon
- 2 tsp. ground coriander
- 2 tsp. ground cumin
- 2 medium onions, sliced
- 4 cloves garlic, chopped
- 2 Tbs. grated fresh ginger
- 2 Tbs. peeled and finely chopped turmeric
- 1 can coconut milk (13.5 oz.)
- 2 cups lower-salt chicken broth or water
- ½ fresh small chile pepper, such as habanero, seeded and finely chopped
- 1 pint cherry tomatoes Chopped fresh cilantro, for serving

FOR THE RAITA

- 34 cup plain whole milk Chobani Greek yogurt
- small seedless cucumber, peeled and coarsely grated
- 3 Tbs. chopped fresh dill
- 2 tsp. minced garlic
- 2 tsp. chopped shallot
- 1½ Tbs. fresh lemon juice; more if desired Sea salt and freshly ground black pepper

FOR THE CHUTNEY

- ½ cup unsweetened shredded coconut, toasted
- 2 Tbs. extra-virgin olive oil
- 2 Tbs. chopped cashews
- 2 Ths. raisins
- 3 cloves garlic, thinly sliced and fried
- 2 tsp. toasted sesame seeds
- 1 tsp. crushed red pepper flakes
- ½ tsp. ground coriander

MAKE THE LAMB

Position α rack in the center of the oven and heat the oven to 350°F. Toss the lamb with the salt and pepper.

Heat the vegetable oil in a 5- to 6-quart Dutch oven over medium-high heat. Working in batches, brown the lamb on all sides, about 4 minutes per batch. Transfer each batch to a plate as it's done. Remove the pot from the heat and let it cool briefly.

Return the pot to medium heat. Add the cinnamon, coriander, and cumin, and cook, stirring constantly, 1 minute. Add the onions, garlic, ginger, and turmeric, and cook, stirring often and scraping any browned bits from the bottom of the pan with a wooden spoon, until the onions begin to soften, about 3 minutes.

Stir in the coconut milk, broth, and chile pepper. Return the lamb to the

pot and bring the mixture to a boil over medium-high heat. Cover and put in the oven for 50 minutes, or until the lamb is tender.

MAKE THE RAITA

Combine all the ingredients except salt and pepper in a medium bowl. Season to taste with salt, pepper, and additional lemon juice. Refrigerate until ready to use.

MAKE THE CHUTNEY

Combine all the ingredients except salt in a medium bowl. Season to taste with salt. Cover and set aside until ready to use.

FINISH THE LAMB

Add the cherry tomatoes to the curried lamb, cover, and return to oven until the tomatoes soften, about 20 minutes.

TO SERVE

Spoon the lamb into serving dishes and top with cilantro, raita, and chutney.

Recipe adapted from Moveable Feast with Fine Cooking.

Chef Peter Merriman has been a champion of Hawaiian regional cuisine for more than three decades. His five restaurants, including Merriman's Kapalua, feature locally and sustainably grown ingredients in dishes that exude Hawaiian spirit.



Grilled Octopus Salad

By Executive Chef Tim Reardon

The braised octopus can be made up to one day ahead and refrigerated. Bring it to room temperature before grilling. Serves 4 as an appetizer

FOR THE OCTOPUS

- 11/2 lb. octopus, cleaned, heads and tentacles senarated
- 1 quart light olive oil
- 6 cloves garlic, crushed
- 2 small unpeeled onions, quartered
- 2 tsp. sea salt
- 2 tsp. fennel seed
- 2 tsp. coriander seed
- 1 tsp. black peppercorns
- 1 bay leaf
- 1/4 tsp. crushed red pepper flakes

FOR THE GARLIC GREEK YOGURT

- 1 cup plain whole milk Chobani Greek vogurt
- *3/4 cup spring garlic, white and edible green parts, cut into 1-inch pieces
- 34 cup fresh flat-leaf parsley leaves
- 1/4 cup extra-virgin olive oil
- ½ tsp. sea salt

*If you can't find spring garlic, substitute white part of 1 medium leek and 1 clove elephant garlic.

FOR THE CALABRIAN CHILI VINAIGRETTE

- 1/4 cup fresh orange juice (from about 1 large orange)
- 3 Tbs. fresh lemon juice (from about 1 medium lemon)
- 2 Tbs. sherry vinegar
- 1 Tbs. finely chopped shallot
- 1 Tbs. chopped fresh oregano
- 1 tsp. Calabrian red chili sauce (found at specialty food shops or Italian grocers)
- 1 tsp. sea salt
- 3/4 cup extra-virgin olive oil

FOR THE SALAD

- 3 oz. baby arugula
- 3-4 fingerling potatoes, boiled until tender, cut into 1/2-inch rounds
- ½ cup fresh fava beans, blanched and shocked, skins removed
- $\frac{1}{2}$ cup roasted red pepper, cut into thin strips Sea salt and freshly ground pepper to taste



MAKE THE OCTOPUS

Position a rack in the center of the oven and heat the oven to 200°F.

Bring a 6-quart pot of well-salted water (it should be salty like the sea) to a boil and then reduce to a simmer. Add the octopus, wait until the water returns to a simmer, remove octopus from the water with tongs and place on a rimmed baking sheet. Repeat this process twice, using the same water.

Place the octopus in a Dutch oven. Add the oil, garlic, onions, and salt. Tie the fennel, coriander, pepper, bay leaf, and pepper flakes into a cheesecloth pouch. Add the spice bundle to the Dutch oven. Cover and bake until the octopus is fork tender, about 11/2 hours. Let the octopus cool to room temperature, covered, in the oil. Remove octopus from the oil.

MAKE THE YOGURT SAUCE

Put the yogurt in a medium bowl and set aside. Bring a small pot of well-salted water to a boil. Add the spring garlic and parsley and blanch for 30 seconds. Remove from the water with a slotted spoon and shock in an ice bath. When cold, remove from the ice bath and squeeze out the excess water. Add the greens, oil, and salt to a to a blender and blend until smooth. Fold the purée into the yogurt until well combined. Refrigerate until ready to serve.

MAKE THE VINAIGRETTE

Combine the juices, vinegar, shallot, oregano, chili sauce, and salt in a medium bowl. Whisk in the oil in a steady stream until the mixture emulsifies. Set aside.

MAKE THE SALAD

Combine the arugula, potatoes, beans, and red pepper in a large bowl and toss with enough vinaigrette to evenly coat. Season to taste with salt and pepper.

TO SERVE

Prepare a medium-high gas or charcoal

Lightly oil the grill. Grill the octopus tentacles and heads until lightly charred and crispy on all sides, 2 to 3 minutes. Remove from the grill. When the octopus is cool to the touch, slice the arms into 3- to 4-inch pieces and the heads into halves or quarters. Set aside.

Spread the yogurt mixture equally in the center of the four plates. Divide the salad among the plates, placing it in a mound on top of the yogurt.

Divide the grilled octopus among the plates. Drizzle the remaining vinaigrette over the octopus, and serve.

Recipe adapted from Moveable Feast with Fine Cooking.

Tim Reardon, executive chef at Chobani, is the former chef of New York City's Nice Matin. A graduate of the Culinary Institute of America, he has cooked in the kitchens of two of the world's finest French chefs, Daniel Boulud and Joël Robuchon.

Charred Farm Radishes with Greek Yogurt Crema

By Chef Anthony Lamas

The crema is also good served with fresh vegetables. **Serves 8 as a starter**

- 1 cup fresh goat cheese, softened
- ½ cup plain whole milk whole milk Chobani Greek yogurt

 Juice and finely grated zest of 1 lemon
- ½ tsp. Dijon mustard, preferably Maille
- 1/4 tsp. ground cumin
- 1/4 tsp. ground coriander
 Kosher salt and freshly ground black pepper
- pound radishes, trimmed, or greens left intact if still young and tender
- 2 Tbs. extra-virgin olive oil; more for drizzling

Prepare a medium-high gas or charcoal fire.

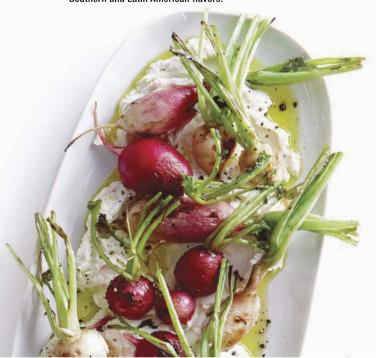
Combine the goat cheese, yogurt, lemon juice and zest, mustard, cumin, coriander, $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper in a medium bowl. Mix until smooth, season to taste with salt and pepper, and set aside.

In a large bowl, toss the radishes with the oil. Grill on a perforated grill pan, turning occasionally until lightly charred and crisptender, about 5 minutes.

Spread the yogurt mixture on a platter and top with the radishes. Drizzle with additional oil, and season with salt and pepper.

Recipe adapted from Moveable Feast with Fine Cooking.

Anthony Lamas is the chef-owner of Seviche restaurant in Louisville, KY, and a longtime advocate of farm-to-table cuisine. His cooking blends the best of Southern and Latin American flavors.





Grilled Peaches with Greek Yogurt and Hazelnut Praline By Chef Michael Schwartz

Freestone peaches, those in which the pit releases easily from the flesh, are best for this recipe. Late-ripening peach varieties tend to be freestone. Serves 8

FOR THE HAZELNUT PRALINE

- 1 cup plus 2 Tbs. granulated sugar
- 1½ cups blanched hazelnuts, toasted

FOR THE GRILLED PEACHES

Finely grated zest and juice of 1 lemon, divided

- ½ vanilla bean, split lengthwise, seeds scraped out
- 2 sprigs fresh thyme, leaves only
- 3 Tbs. olive oil; more for serving
- 1 tsp. honey; more for serving
- ½ tsp. kosher salt; more for serving
- 1/4 tsp. freshly ground black pepper
- 4 ripe freestone peaches, halved and pitted
 - Canola or vegetable oil, as needed
- 1 cup plain whole milk Chobani Greek yogurt
 - Flaky sea salt, for serving

MAKE THE PRALINE

Generously coat a baking sheet with cooking spray.

Attach a candy thermometer to the side of a 3-quart saucepan. Over medium-high heat, boil the sugar with $\frac{1}{4}$ cup water until the temperature reaches 248°F (firm ball stage). Add the nuts, remove from the heat, and stir with a wooden spoon until the sugar coats each nut and has a grainy, sandy appearance.

Place the pan over medium heat and melt the sugar again, stirring constantly until the nuts are a deep caramel color, 8 to 10 minutes. Pour the nuts onto the prepared baking sheet. Allow the praline to cool, and then break into medium-size pieces.

MAKE THE PEACHES

Prepare a high gas or charcoal fire, or heat a cast-iron skillet on medium-high heat on the stovetop.

In a large bowl, combine the lemon zest, vanilla, thyme, olive oil, honey, salt, and pepper. Add the peaches to the marinade and toss until well coated. Lightly oil the grill or skillet with canola or vegetable oil. Grill the peaches, cut side down, without moving until tender, about 1 to 2 minutes (reserve the marinade). Remove from the grill.

In a medium bowl, whisk the yogurt and lemon juice. Place ½ cup of praline pieces in a zipper-type plastic bag and pound with a rolling pin to make medium crumbs. (Use leftover praline as a topping for ice cream, yogurt, or waffles.)

TO SERVE

Divide the yogurt mixture among 8 plates. Rub the cut side of the peaches with the reserved marinade. Place half a peach skin side down on each plate over yogurt. Sprinkle with praline crumbs and drizzle with honey and oil. Finish with a pinch of sea salt.

Recipe adapted from *Moveable Feast with*Fine Cooking.

Miami-based chef and restaurateur
Michael Schwartz shares his passion for
where food comes from at The Genuine
Hospitality Group. His cooking is simple,
boldly flavored, and straightforward with
an emphasis on fresh, local ingredients.



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COOKFRESH

 $Shop\ Smarter,\ Eat\ Better$





TRY THIS CONCORD GRAPES

A New England original

These native grapes were named after the city of Concord, Massachusetts, where they were developed by farmer Ephraim Wales Bull in 1849. He planted 22,000 seeds from wild grapes in the Vitis labrusca family. When they began to bear fruit, he evaluated them all and declared one perfect. That's the Concord grape. He propagated it from that perfect vine (which still stands!). Today, they're grown in New England, where they're sold in bunches for snacking, as well as in the Midwest and Washington state, although grapes from those two areas are used mostly for juice and jelly production.

The darker, the better

When buying Concord grapes, look for ones with deep blue or even purple coloring and green stems. Don't be alarmed if they are covered in a frosty-looking "bloom," which washes off easily. Store them in a sealed plastic bag, and don't wash them until you're ready to eat them. They can be refrigerated for up to a week.

Go sweet or salty

Concord grapes make a great snack eaten out of hand (their seeds are edible). Besides their most common uses in jams, jellies,

juices, and pies, their vibrant color makes them especially inviting in sorbet and homemade soda. They can also be substituted for table grapes in any number of savory recipes, such as focaccia, grain salads, and relishes.

Their flavor pairs nicely with tangy ingredients, like lemon or goat cheese. They also make a nice accent to red meat, like the lamb below, and salty elements, like aged cheeses or even just salted butter on toast.

—Sarah Kraver



lamb chops with concord grape sauce

Ruby port and fresh herbs channel fall in a most lovely way in this company-worthy dish. Serves 4

- 8 lamb rib chops (about 21/2 lb.) Kosher salt and freshly ground black pepper
- 10 oz. (2 cups) Concord grapes
- 2 Tbs. granulated sugar
- 1½ oz. (3 Tbs.) unsalted butter
 - 1 medium shallot, minced (1/4 cup)
- 2 tsp. fresh thyme leaves, chopped
- 2 tsp. finely chopped fresh rosemary
- 1/4 cup ruby port
- 1 tsp. fresh lemon juice
- 2 Tbs. olive oil

Pat the lamb chops dry, generously season with salt and pepper, and set aside.

In a 2-quart saucepan, cook the grapes and sugar over medium-low heat, mashing with a wooden spoon until the grapes break down, about 4 minutes. Increase the heat to medium high and simmer until the sauce thickens slightly, about 3 minutes. Strain through a fine-mesh sieve into a heatproof bowl. Rinse the saucepan, return the strained grape sauce to the pan, and set aside.

In a 12-inch skillet, melt 1 Tbs. of the butter over medium heat. Add the shallot, thyme, and rosemary, season with salt and pepper, and cook until the shallot is soft, about 3 minutes.

Remove the pan from the heat, add the port, and swirl until the sizzling stops. Return the pan to the heat and simmer until most of the liquid evaporates, about 1 minute. Scrape into the grape sauce, stir in the lemon juice, season to taste with salt and pepper, and keep warm. Wipe out the skillet.

Heat 1 Tbs. of the butter with 1 Tbs. of the oil in the skillet over medium-high heat. Add 4 lamb chops and cook until browned on both sides, about 3 minutes per side. Transfer to a platter and tent with foil. Repeat with the remaining butter, oil, and chops. Serve the chops with the warm sauce.

—Abby Simchak Donovan



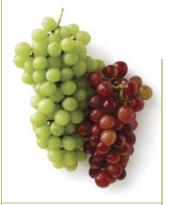
Pair With: GAMAY Sour cherry and tart red fruit notes in these reds will go great with the grapes and bring out the



AT THE MARKET

What we're cooking now

Fine Cooking editors (and a reader) share some delicious ideas for in-season ingredients.



Sausage and Grape Sandwich

Cook Italian sausage links until almost done, then slice. Sauté with thinly sliced onions, garlic, and olive oil until the onions are tender and the sausage is cooked through. Toss in halved grapes. Put the mixture on a roll with crumbled Gorgonzola.

—Julissa Roberts



Acorn Squash Soup

Roast seeded acorn squash halves until soft. Sauté leeks and garlic in olive oil with nutmeg and cinnamon. Scoop out the squash flesh, and purée with chicken broth and the leeks. Heat on the stove Season with salt and pepper, and garnish with crumbled goat cheese and finely chopped mint.

-Ronne Day



Cranberry **Apple Butter**

Cook 1 cup fresh or frozen cranberries with 2 lb. peeled, cored, and cubed McIntosh apples and 2 cups apple cider until broken down. Force through a sieve. Add 34 cup brown sugar, a big pinch of cinnamon, and small pinches of ground allspice and kosher salt. Simmer until thick. Cool completely.

—Jennifer Armentrout

Lobster-Stuffed Celery

Toss diced cooked lobster meat with lemon, mayonnaise, thinly sliced chives, and finely chopped celery leaves. Cut peeled celery ribs into 2-inch pieces and stuff with the lobster salad. Top with toasted breadcrumbs.

-Ioanne Smart



Sweet Potatoes

Bake sweet potatoes until almost tender. Sauté black beans with chopped onion, garlic, cumin, salt, and hot sauce. Slit the potatoes down the middle. Scoop the beans into the cavities. Top with Jack cheese. Bake until the cheese melts. Garnish with cilantro.

-Layla Schlack

Ginger-Poached Quince

Peel and core some quinces and cut into wedges. Simmer in a mixture of cider, water, sugar, and a few slices of peeled fresh ginger until tender. Refrigerate the quinces in the liquid. They're great in tarts, alongside pork roast, or in salads.

-Sarah Breckenridge







ONE READER'S SEASONAL SPECIALTY



Fall Kale and Quinoa Salad

Trim kale and massage in cold water until slightly darker and softer. Toss with cooked quinoa, dried cranberries (softened in water first), chopped walnuts, and crumbled feta. Make a vinaigrette with olive oil, Dijon mustard, balsamic vinegar, lemon juice, and garlic, and toss with the salad.

-Mary Beth Odell, Toronto, Canada



3 WAYS WITH...

Pears

Enjoy these fragrant fall fruits in a starter, main course, or dessert.

TEXT BY SARAH KRAVER; **RECIPES BY JULISSA ROBERTS**



pear-prosciutto rarebit

This cheesy open-face sandwich has the perfect blend of sweet and salty. Serve with mustard and cornichons on the side to cut the richness. Serves 4

- 1 Tbs. unsalted butter; more softened for the bread
- 4 large ½-inch-thick slices sourdough boule, lightly toasted
- 8 slices prosciutto
- 2 firm-ripe pears, quartered, cored, and thinly sliced
- 1 Tbs. all-purpose flour
- ½ cup whole milk
- 1/4 cup Oktoberfest-style beer, such as Sam Adams OctoberFest
- 3 oz. Gruyère, finely grated (about 11/4 cups)
- ½ tsp. Dijon mustard Kosher salt and freshly ground black pepper

Position a rack 5 to 6 inches from the broiler and heat the broiler on high.

Butter both sides of each piece of bread and place on a large rimmed baking sheet. Lay 2 slices of prosciutto over each piece of bread and then shingle half a pear over each.

Melt the 1 Tbs. butter in a 2-quart saucepan over medium heat. Whisking constantly, add the flour and cook until golden, about 1 minute. Add the milk and beer; whisk until

thick and bubbling, about 2 minutes. Add all but 1/4 cup of the cheese, the mustard, and 14 tsp. pepper and whisk until bubbling, just a few seconds. Season to taste with salt and pepper.

Spoon about 2 Tbs. of the cheese sauce over each sandwich. Sprinkle with the remaining cheese.

Broil until bubbling and browned, 4 to 5 minutes. Cool briefly before serving.

Check the Neck

The best way to tell if a pear of any variety is ripe is to press gently near the stem. It should give slightly, but the bottom should still feel firm. Underripe pears can be stored at room temperature to ripen. Once they are ripe, they can be refrigerated for an additional three days.





pear and watercress salad with cashews and honey-ginger vinaigrette

Toasted sesame oil and soy sauce add a subtle Asian note to the dressing in this autumn salad. **Serves 4**

- 2 Tbs. coarsely chopped shallot
- 2 Tbs. reduced-sodium soy sauce
- 2 Tbs. plain rice vinegar
- 2 Tbs. chopped peeled fresh ginger (from a 2-inch piece)
- 1 Tbs. honey
- 1 garlic clove, smashed
- 14 cup grapeseed or canola oil
- 1 Tbs. Asian sesame oil
- 8 oz. watercress, trimmed and torn into bite-size pieces Kosher salt and freshly ground black pepper
- ½ cup toasted cashews, coarsely chopped
- 2 firm-ripe pears, quartered, cored, and cut into thirds lengthwise

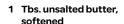
Combine the shallot, soy sauce, vinegar, ginger, honey, and garlic in a blender and purée until smooth. With the machine running slowly, pour in the oils and blend until emulsified.

Toss the watercress with enough dressing to coat lightly and season to taste with salt and pepper. Divide among 4 plates and top with the pears and cashews. Drizzle with the remaining vinaigrette and serve.



pear and dried cranberry clafoutis

The French baked custard-and-fruit dessert known as clafoutis has a rustic appeal that's perfect for casual dinner parties. Serves 6 to 8



- 1/3 cup plus 1 Tbs. granulated sugar
- 3 large eggs, at room temperature
- 1¼ cups heavy cream
- 3 oz. (% cup) all-purpose flour
- 2 Tbs. pear brandy, such as Poire Williams
- tsp. pure vanilla extract or paste
- 1 tsp. finely grated lemon zest
- 14 tsp. kosher salt
- 3 firm-ripe pears (about 1½ lb.)
- cup dried cranberries, chopped
 Confectioners' sugar for dusting

Position a rack in the center of the oven and heat the oven to 375°F. Butter an 11x1½-inch round baking dish or an 11- to 12-inch ovenproof skillet and

sprinkle the bottom and sides with 1 Tbs. of the sugar.

In a large bowl, beat the eggs and the remaining ½ cup of sugar with an electric mixer on medium-high speed until light and fluffy, about 3 minutes. On low speed, mix in the cream, flour, brandy, vanilla, lemon zest, and salt. Set aside for 10 minutes.

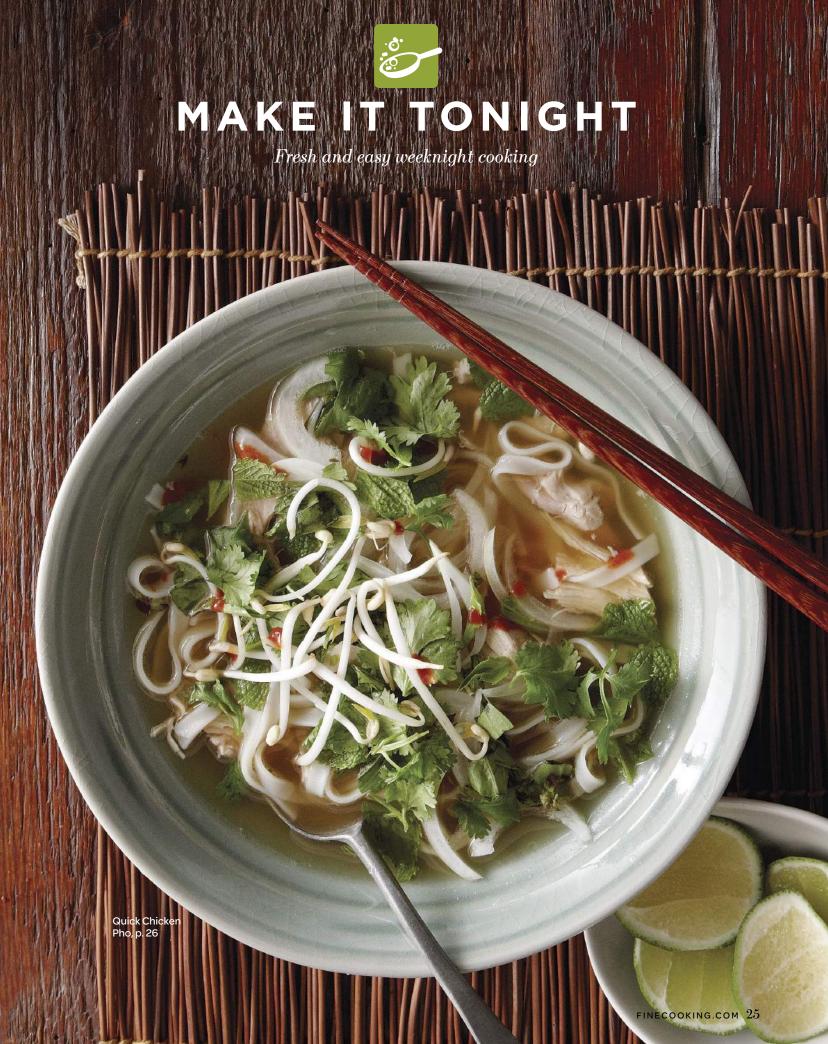
Meanwhile, peel, core, and chop the pears into ¾-inch chunks. Arrange the pieces evenly in the baking dish or skillet. Pour the batter over the pears, sprinkle the dried cranberries evenly over the surface, and bake until the top is golden brown and the custard is set, 20 to 25 minutes in a skillet or 30 to 35 minutes in a baking dish. Cool briefly and serve warm, dusted with confectioners' sugar.

Beyond the Big Three

Three types of pears are commonly available year-round in U.S. grocery stores: spicy-sweet Boscs; crisp, juicy Anjous; and tender, honey-like Bartletts. But during the fall, you can often find many other types of pears, such as crisp-crunchy Asians; sweet, creamy Comices; tiny, sugary Seckels; and firm, cinnamony Forelles. If you see any of these varieties, try them in these recipes.









quick chicken pho

The authentic version of this fragrant Vietnamese noodle soup starts with a broth made from scratch. Here, purchased broth is simmered with charred ginger and onion and lots of spices for a quick flavor boost. Serve with hot sauce if you like a little heat.

Serves 4

- 1 large sweet onion, skin on, halved lengthwise
- 5-inch piece fresh ginger, unpeeled, halved lengthwise
- 6 whole cloves
- whole star anise
- 1 3-inch cinnamon stick, broken in half
- 1 tsp. fennel seeds
- tsp. black peppercorns
- 6 cups lower-salt chicken broth
- 1 clove garlic, smashed and peeled
- 8 oz. thin rice noodles
- 1 Tbs. Asian sesame oil
- cups shredded cooked chicken, such as from a store-bought rotisserie chicken
- 2 cups torn fresh basil, mint, and cilantro
- 1 cup mung bean sprouts
- limes, cut into wedges

Position a rack 4 to 5 inches from the broiler and heat the broiler on high. On a small rimmed baking sheet, broil the ginger and one onion half, cut side up, until blackened, about 5 minutes. Meanwhile, peel and thinly slice the other onion half and set aside.

In a 3-quart saucepan, toast the cloves, star anise, cinnamon, fennel seeds, and peppercorns over medium-high heat, stirring occasionally, until fragrant, about 1 minute. Add the broth, garlic, and charred onion and ginger, and simmer for 10 minutes to meld the flavors.

Meanwhile, prepare the rice noodles according to package directions. Drain and toss with the sesame oil.

Strain the broth through a fine-mesh sieve set over a bowl, pressing down on the onion and ginger. Return the broth to the pan, add the chicken, season to taste with salt, and keep warm.

Divide the noodles among four wide bowls, and then ladle in the soup. Top with the sliced onion, herbs, and sprouts, and serve with the lime wedges.

—Ronne Day



Pair With: LIGHT LAGERS These refreshing beers cleanse the palate after each spoonful of this flavorful soup.

KID-FRIENDLY

mini-meatloaves with chili sauce

Kids will love getting their own individual-size loaves, while everyone will enjoy the sweet-tangy glaze on top. Serve with smashed baby potatoes sprinkled with chives. Serves 4

Cooking spray

- medium sweet onion, coarsely chopped
- cup packed fresh flat-leaf parsley leaves
- slices bacon, coarsely chopped
- medium cloves garlic, coarsely
- 3/4 cup old-fashioned rolled oats
- 14 cup boiling water
- 11/4 lb. ground beef (85% lean)
- 3 large eggs Kosher salt and freshly ground black pepper
- 34 cup chili sauce, such as Heinz

Position a rack in the upper third of the oven and heat the oven to 400°F.

Spray a large rimmed baking sheet with cooking spray and set aside.

Pulse the onion, parsley, bacon, and garlic in a food processor until finely chopped.

In a large bowl, combine the oats and boiling water, stirring to combine. Add the onion mixture, beef, eggs, 1½ tsp. salt, and ½ tsp. pepper and mix well by hand.

Shape the mixture into 4 small loaves (about 4x3 inches) on the prepared baking sheet. Brush 1/2 cup of the chili sauce over the top, and bake until cooked through (165°F), about 20 minutes.

Turn the broiler on high, brush the loaves with the remaining 1/4 cup chili sauce, and broil until browned in spots, about 2 minutes. Serve.

-Ronne Day



Pair With: RIESLING SPÄTLESE

These semisweet Rieslings bend the rule about white wines and red meat. The residual sugars pair brilliantly with the spicy sauce and bacon while the richer textures of these wines hold up to the meatloaf.





baked sweet potatoes with coconut curry chickpeas

Creamy, earthy, fragrant, and filling, this would make a fantastic vegetarian option at the Thanksgiving feast. Serves 4

- 4 medium sweet potatoes (about 2¾ lb.), scrubbed and pricked all over with a fork
- 3/3 cup well-shaken coconut milk
- Tbs. Thai red curry paste
- 1/2 tsp. ground turmeric Kosher salt
- 1 15-oz. can chickpeas, rinsed and drained
- 4 scallions, sliced, whites and greens separated
- 2 tsp. fresh lime juice
- 1 Tbs. thinly sliced fresh basil, preferably Thai basil Lime wedges, for serving (optional)

Position a rack in the center of the oven and heat the oven to 400°F.

Microwave the sweet potatoes on a microwave-safe plate until soft enough to pierce easily with a fork, about 12 minutes, depending on your microwave.(Alternatively, bake the sweet potatoes on a foillined rimmed baking sheet in a 400°F oven for about 1 hour.) Set aside to cool slightly.

Meanwhile, whisk the coconut milk with the curry paste in a medium-size bowl until smooth. Add the turmeric and 1 tsp. salt, and whisk to combine. Add the chickpeas and scallion whites and stir to combine. Season to taste with salt.

Using a paring knife, split each sweet potato open lengthwise, taking care not to cut all the way through. Gently and carefully (they will be hot), press the

short ends of each potato together to expose the soft flesh. Season to taste with salt and the lime juice, and gently toss and fluff the flesh with a fork to create a nice crater for the filling.

Use a spoon to distribute the chickpea curry mixture among the potatoes. Bake on a foil-lined rimmed baking sheet until the chickpeas are warmed through, 5 to 10 minutes. Garnish the potatoes with the scallion greens and basil, and serve with the lime wedges on the side, if using.

-Molly Gilbert

Pair With: ARMAGNAC A brandy from the south of France, Armagnac has spicy overtones with rich, creamy flavors of caramel and butterscotch that will bring out all the coconut and curry flavors.



ONE-PAN COOKING

cod with pancetta, artichokes, and olives

Despite the ease of preparation—the fish, sauce, and side dish all cook in one skillet—this is a restaurant-worthy dinner. Serve it with good crusty bread to mop up the sauce. **Serves 4**

- 4 6-oz. pieces fresh cod loin fillet Kosher salt and freshly ground black pepper
- 2 Tbs. extra-virgin olive oil
- 2 oz. pancetta, cut into ¼-inch dice (about ¼ cup)
- 1 medium yellow onion, cut into ¼-inch dice
- 1 tsp. fresh thyme leaves
- 1/8 to 1/4 tsp. crushed red pepper flakes
- ½ cup dry white wine
- 1 15-oz. can diced fire-roasted tomatoes in juice
- 1 cup marinated artichoke hearts, drained and chopped
- ½ cup large green olives, such as Castelvetrano, pitted and halved

Pat the cod dry and season with salt and pepper.

Heat the oil in a 12-inch nonstick skillet over medium-high heat. Add the pancetta and cook, stirring, until crisp and golden, 2 to 4 minutes. Using a slotted spoon, transfer the pancetta to a paper-towel-lined plate, leaving the fat behind in the pan.

Add the fish to the skillet and cook until slightly golden, about 3 minutes. Flip and transfer to a plate, seared side up.

Add the onion, thyme, and pepper flakes to the skillet; cook, stirring, until the onion is soft, about 4 minutes. Add the wine and cool until the pan is almost dry, about 1 minute.

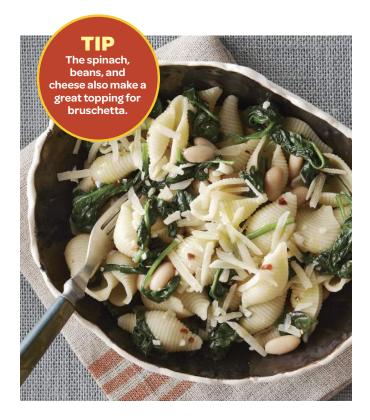
Add the tomatoes and their juice, artichokes, and olives. Simmer, stirring occasionally, to meld the flavors, about 2 minutes.

Lower the heat to medium and nestle the fish into the sauce, keeping the seared side exposed. Cover and cook until the fish is opaque and just cooked through, about 3 minutes. Sprinkle with the pancetta, divide among rimmed plates or wide, shallow bowls, and serve.

—Christine Burns Rudalevige

Pair With: FRAPATTO This Sicilian red wine has a light, delicate bouquet of lavender and red cherries to accentuate the olives and pancetta.





pasta shells with spinach and cannellini beans

Sometimes, all you want for dinner is a soothing dish. This pasta, comfort food at its best, fills the bill. Serves 4 to 6

Kosher salt

- 3 Tbs. extra-virgin olive oil; more for serving
- 3 large cloves garlic, minced
- 9 oz. baby spinach (9 packed cups)
- 1 19-oz. can cannellini beans, drained and rinsed
- 34 cup lower-salt chicken broth
- ½ tsp. crushed red pepper flakes
- 1 lb. large (not jumbo) pasta shells
- 2 tsp. fresh lemon juice; more to taste
 - Coarsely grated Parmigiano-Reggiano for serving

Bring a large pot of well-salted water to a boil.

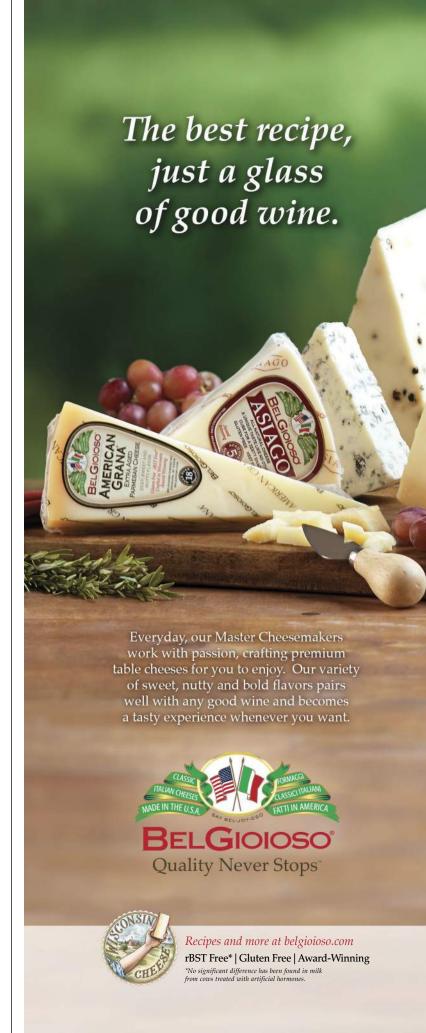
Meanwhile, heat 2 Tbs. of the oil in a 12-inch skillet over medium-low heat. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the spinach, increase the heat to medium high, and cook, stirring, until the spinach begins to wilt, about 3 minutes. Add the beans and ¼ cup of the chicken broth. Cook, stirring occasionally, until the broth is reduced by half, about 2 minutes. Add the remaining ½ cup broth, the pepper flakes, and 1 tsp. salt; bring to a simmer. Turn the heat to low and keep warm.

Boil the pasta according to package directions until al dente. Reserve ½ cup of the pasta water, then drain the pasta. Return the pasta to the pot and toss with the spinach-bean mixture, the remaining 1 Tbs. oil, and the lemon juice. Add a little of the pasta water to moisten, if necessary. Season to taste with salt and lemon juice. Serve drizzled with more oil and topped with grated cheese.

—Diana Andrews



Pair With: ITALIAN COASTAL WHITES White wines from the Ligurian coast boast layers of stone fruits and salty minerals perfect for the beans and sweet spinach.







DINNER FOR TWO

bourbon-chipotle rib-eye steak

Here's a great way to cook a thick rib-eye indoors: Sear it in a cast-iron skillet, then finish it in a hot oven. The smoky, boozy sauce is made right in the pan. Serves 2

- 1 tsp. ground cumin
- tsp. smoked paprika
 Kosher salt and freshly ground black pepper
- 1 2-inch-thick, bone-in beef rib-eye steak (about 1% lb.)
- 2 Tbs. minced shallot
- 1 tsp. minced canned chipotle in adobo sauce
- 2 Tbs. bourbon
- 1/4 cup lower-salt chicken broth
- 1 Tbs. unsalted butter

Position a rack in the center of the oven and heat the oven to 400°F.

In a small bowl, combine the cumin, paprika, ¾ tsp. salt, and ½ tsp. pepper. Rub all over the steak.

Heat a 10- to 12-inch castiron skillet over high heat for about 2 minutes. Sear the steak until well browned on one side, about 5 minutes. Flip and transfer the skillet to the oven. Roast until done to your liking (120°F for rare; 125°F for medium rare), 12 to 15 minutes. Transfer the steak to a cutting board.

Put the skillet over medium heat, add the shallot, and cook, stirring, until fragrant, about 1 minute. Add the chipotle and cook until fragrant, about 20 seconds. Remove the pan from the heat, add the bourbon, and swirl until the sizzling stops. Return the pan to the heat and add the broth, scraping up any bits stuck to the bottom of the skillet. Bring to a simmer. Swirl in the butter until melted. Remove from the heat.

Slice the meat and serve with the sauce.

—Bruce Weinstein and Mark Scarbrough



Pair With: RED BORDEAUX An earthy and robust Bordeaux will go perfectly with the sweet sauce and spicy chipotle.

THREE SPEEDY SIDES

brie and spinach farrotto

Serves 4

Warm 3 cups **lower-salt chicken** or **vegetable broth.** Melt 2 Tbs. **unsalted butter** in a 3-quart saucepan over mediumhigh heat. Add 2 Tbs. thinly sliced **shallot** and cook, stirring, for 2 minutes. Add 1 cup **pearled farro** and stir to coat. Add ¼ cup **dry white wine** and cook, stirring often, until absorbed, about 1 minute. Add ½ cup of the broth and cook, stirring, until absorbed. Repeat, adding the broth ½ cup at a time, until tender but still toothsome, about 25 minutes. Add 4 oz. chopped **brie** (rind removed) and 1 Tbs. unsalted butter; stir until melted. Stir in 3 oz. **baby spinach** until wilted. Season to taste with **kosher salt** and freshly ground **black pepper.** Top with 1 Tbs. thinly sliced **scallions.** Serve with grilled sausage, roast chicken, or the steak at left. —*Erica Clark*

black pepper acorn squash

Serves 4

Position oven racks in the top and bottom thirds of the oven. Place 2 large rimmed baking sheets on the racks, and heat the oven to 450°F. Halve lengthwise and seed 2 small acorn squash. Slice each half lengthwise into 6 wedges. Toss with 2 Tbs. extra-virgin olive oil, 1 tsp. fresh thyme leaves, 1 tsp. freshly ground black pepper, and ½ tsp. kosher salt. Divide the

squash between the heated baking sheets and roast until golden brown on one side, about 10 minutes. Flip and roast until tender and golden brown on the second side, about 5 minutes more. Serve with pork tenderloin or chops. —William Mickelsen

roasted brussels sprouts and pears

Serves 4

Core and cut 1 large **pear** into 1-inch chunks. On a large rimmed baking sheet, toss with 1 lb. trimmed and halved **Brussels sprouts**, 2 Tbs.

extra-virgin olive oil, and a pinch each of

kosher salt and freshly ground black pepper. Roast in a 450°F oven until tender, about 25 minutes. In a small bowl, combine 1 tsp. each apple cider vinegar, maple syrup, and Dijon mustard. Toss with the sprouts and pears. Serve with roast turkey or baked ham.

—Genevieve Ko

Drinks pairings by Patrick Watson FINECOOKING.COM $\,31\,$





THE SCIENCE OF

Apples

Everything you need to know about this fall favorite. BY DAVID JOACHIM AND ANDREW SCHLOSS

Apples rank among the world's most popular fruits. Not only are they delicious eaten out of hand, but they're also a crisp addition to salads, a star in autumn pies, and a sweet complement to savory meat dishes. Here's how to choose the right apple for what you're making and how to keep it tasting its best.

What makes an apple crisp and juicy?

The cells of apples are filled with flavorful juices composed of water, sugar, acids, and aromatic esters (compounds made of one acid and one alcohol molecule). The spaces between the cells are filled with air, which accounts for as much as 25% of the volume of a ripe apple (that's why apples float). In a ripe apple, the cells bulge with juice, which stretches the cell walls and compresses the air between the cells. When you take a bite, the cell walls break (hence the crispness), and the juice bursts out. At the same time, the trapped air is released, transporting the apple's aromatic esters up the back of your throat to the olfactory membranes in your nose, and you taste the distinctive flavor of that particular apple. Apples that contain less air aren't as flavorful, crisp, or juicy, but they're better for cooking (see p. 34).

What makes an apple sweet or tart?

All apples have a balance of sugars and acids, but the balance changes by variety. Granny Smith apples are high in acid and lean in sugar, for example, and Fujis are decidedly sweet with a subtle acidity. Regardless of the varietal differences, the sweet-sour balance of any apple evolves during storage. Apples are climacteric, which means they contain starch that converts to sugar after harvest. In addition, malic acid, the primary acid in apples, is consumed by the fruit once picked and is used for energy over time in storage. This means that all apples are at peak tartness right after picking and gradually become sweeter the longer they're stored.

How do you a tell a good apple from a bad one?

As an apple ripens, its cells fill with water, and green chlorophyll in the skin breaks down, revealing deeper green, yellow, red, and pink colors underneath. When picking apples from the tree or the market bin, look for brightly col-



ored fruit that feels plump, firm, and somewhat heavy. This heaviness indicates maximum water retention and juiciness.

After harvest, apples continue to ripen due to ethylene, a vaporous hormone produced by the fruit. With continued exposure to ethylene, apples become increasingly soft, shrunken, and lighter in weight. Hemicelluloses and pectic substances that hold water in the apples' cells (and keep the cells separate) eventually break down, causing moisture to escape and the apple skin to wrinkle. Overripe apples will appear shrunken and wrinkled, and feel soft when pressed. They may also taste dry and mealy due to lack of water and desegregation of the plant's tissues as the hemicelluloses and pectic substances weaken.

Can one bad apple spoil the whole bunch?

Yes. Jostling and impact injuries can bruise an apple, leaving behind soft brown spots that are easily attacked by the fungus *Penicillium expansum*. Known as blue mold or soft rot, *P. expansum* rapidly spreads from one bad apple to those nearby, particularly in warm, humid conditions, which encourage mold growth.

Illustrations by Janet Stein FINECOOKING.COM $\,33\,$

What's the best way to store apples?

Properly stored apples will taste crisp and juicy months after harvest. To minimize bruising and untimely rotting, apples should be handled gently and kept separate during and after harvest; that's why produce distributors ship apples in soft trays with individual cradles.

For the longest storage, keep apples in the refrigerator produce drawer to slow their natural ripening processes and discourage mold growth. If your fridge has drawers with adjustable humidity, set the apple drawer to about 85% humidity, which helps keep apples from drying out prematurely.

How do I keep apples from browning?

Browning in fruit is caused by exposure to oxygen. Bruised or cut apples release enzymes from the damaged cells that mix with phenols, the fruit's aromatic compounds, and react with oxygen to form new molecules that appear brown in color.

So how do you keep cut apples nice and white in, say, a fresh apple salad? There are a few options. The easiest way is to slow the enzymes' activity with acid and cold temperatures. To do this, put cut apples in a bowl of cold acidulated water (add 1/4 cup lemon juice, 2 tsp. vinegar, or 500mg crushed vitamin C tablets to every 4 cups cold water). To avoid the mild acidic flavor imparted by this method, you can simply keep cut apples submerged in plain cold water to shield them from oxygen; however, the lack of added acid will cause enzyme activity to increase more rapidly when the apples are removed from the water. You can also toss cut apples in sugar or syrup to shield the cut surfaces from oxygen—this method works well for sweet fruit salads. Finally, you can deactivate enzymes by dipping cut apples in boiling water for at least 1 minute. This blanching method softens the fruit slightly, but is a good choice if you want the apple to stay white without an acid or an oxygen-shielding solution.

What makes an apple good for cooking?

In general, apples that are high in acid, such as Granny Smith and Braeburn, hold up best during cooking. Acids enhance our perception of other flavors, and because heat tends to dissipate aromatic molecules, cooked dishes made with high-acid apples retain more flavor. In addition, acids are necessary to strengthen pectin (the "glue" that holds fruit cells together), which helps apple slices keep their shape in pies and crisps. Apple varieties with less air, like Rome Beauty and Braeburn, are best for baking whole because they

While some apples are great for cooking, others are best simply eaten out of hand. VARIETY DESCRIPTION **BEST FOR** Pie, chunky sauce, Braeburn Medium; crisp; juicy; sweet-tart baking whole Large; crisp; white flesh; resists Cortland Chunky sauce browning; tart Large; crisp; juicy; sweet-tart; Smooth sauce **Empire** fragrant Medium; firm; cream-colored Fuji Eating raw flesh; juicy; tangy; sweet Gala Medium; firm; juicy; sweet Eating raw Golden Medium: firm: sweet: fragrant Chunky sauce, pie **Delicious** Medium-large; crunchy; hard; Very chunky Granny Smith juicy; tart sauce, pie Large; crisp; juicy; sweet-tart; Jonagold fragrant Macoun Medium; crisp; sweet; fragrant Smooth sauce Smooth sauce McIntosh Medium; crisp; sweet; fragrant

Medium-large; creamy flesh;

Medium-large; elongated; crisp;

Large; firm; juicy; mildly tart;

juicy; sweet; fragrant

Pie

Eating raw

Baking whole

Choosing the Right Apple

won't collapse as their water evaporates, their juices concentrate, and their cells contract. Although any apple can be used for making applesauce, those with less air, like McIntosh, make creamy smooth applesauce, while crisp, tart apples, like Granny Smith, make chunkier, looser sauce.

Pink Lady

Delicious

Red

Rome

Beauty

David Joachim and Andrew Schloss are the authors of the award-winning reference book The Science of Good Food.



Mandarin Ginger Cream Tart

PREP BAKE SERVINGS 30 10 12

- 1 can (15 oz.) DOLE® Mandarin Oranges,
- 2 cups gingersnap cookie crumbs, finely ground (about 30 cookies)
- 1 tbsp. packed brown sugar
- 1 egg, lightly beaten
- 4 tbsp. unsalted butter, melted and cooled slightly
- 1 box (4 servings) vanilla instant pudding
- 1-3/4 cups cold milk
- 3/4 cup whipped topping, thawed
- 1 tbsp. candied ginger, chopped

Preheat oven to 350°F. Drain mandarin oranges; reserve 12 slices. Chop remaining oranges; set aside.

Combine gingersnap crumbs, brown sugar, egg and melted butter in bowl; combine well. Form crust in a 9-inch tart pan with removable bottom. Freeze 15 minutes; remove from the freezer, puncture bottom of the crust with a fork. Line bottom of tart with parchment or foil, fill with pie weights.

Bake 15 minutes on baking sheet. Remove from oven; allow to cool completely on a wire rack.

Stir together pudding and milk until slightly thickened. Layer chopped mandarin oranges on bottom of tart shell; pour filling in shell. Cover; refrigerate 2 hours or until set. Remove from refrigerator at least 30 minutes before serving. Garnish with thawed whipped topping, reserved orange slices and chopped candied ginger.



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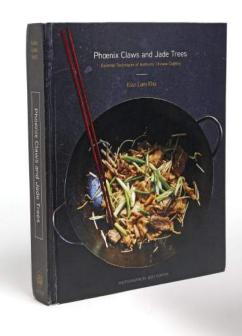


Holiday à la Maille.

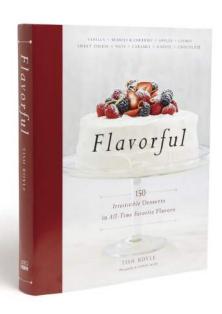


🕳 Meals. Maille. Memories.









The Reading List

Get back in the kitchen with these great books. BY JOANNE SMART

Phoenix Claws and Jade Trees

Essential Techniques of Authentic Chinese Cooking

By Kian Lam Kho (Clarkson Potter; \$45)

If you've wanted to cook authentic Chinese food but have felt a little put off by unfamiliar ingredients or techniques, then run, don't walk, to buy this book. Kian Lam Kho demystifies Chinese cuisine by focusing on the cooking techniques-steaming, flashpoaching, oil-steeping, red-cooking, saltbaking, and velveting, just to name a fewthat form its widely varied foundation. A software engineer by trade and James Beard Award-winning blogger (redcook.com) by passion, he's a Singapore native who moved to Boston to attend college in the 1970s. Unable to find authentic Chinese food, he wrote home to relatives in China for instructions and recipes, then went on to become a restaurant consultant, food writer, and cooking teacher. His engagingly written book starts with the big picture, "The Essence of Chinese Food," then hones in on the home kitchen,

discussing key Chinese cooking tools and how to stock a Chinese pantry. Photos of some of the more exotic (to a Westerner's eye) ingredients are also invaluable. If, say, I need to buy fish maw or dried sea cucumber, I'll at least know what I'm looking for.

But not all of the 158 recipes feel so exotic, and for every flash-fried pig stomach, there's a Blanched Asparagus with Ginger Soy Sauce and plenty of recipes made familiar on take-out menus. The finisheddish photos are superenticing, and there are lots of step-by-step photos, too.

By the way, if you're wondering about the title, it's what the Chinese call chicken feet and broccoli, respectively, and you'll find both ingredients in the book.

General Tso's Chicken

If you love the overly sweet version of this take-out favorite, this one may not be for you. Chicken thigh pieces fry up amazingly crisp before being tossed in a spicy sauce and finished with a good amount of toasted sesame oil.

Mapo Tofu

The description of this classic tofu dish as searingly spicy is spot on, but the heat is balanced by the dish's other flavors, including fermented black beans, ground beef, ginger, and scallions. Plus, you have the author's permission to scale back on the red chile powder.

The Food Lab

Better Home Cooking Through Science By J. Kenji López-Alt (W.W. Norton; \$49.95)

In his Food Lab blog, which you can find at SeriousEats.com, J. Kenji López-Alt tackles all kinds of cooking conundrums—the best way to sear a steak, how to cook salmon so it doesn't stink up the house, how to best cut an onion—often going against conventional kitchen wisdom in the process. Now he's amassed his research and recipes in one giant book (the hardcover comes in at 938 pages and weighs more than 6½ lb.). López-Alt says he decided to publish it because although he loves blogging and the



interchange of ideas he enjoys with his readers, the blog can't compete when it comes to presenting charts, graphics, and easy-tounderstand layouts. (Score one for print.)

The book contains hundreds of recipes and loads of step-by-step photos (there's more than 1,000 full-color images), but what I like best about it is its tone. The classic food science reference, Harold McGee's On Food and Cooking, is brilliant and jam-packed with information, but boy, it can make for some dry reading. Because López-Alt carries out his own experiments (with detailed explanations on how he goes about setting them up), he can tell funny anecdotes along the way, all while imparting the knowledge he's gleaned from his "lab" (aka his kitchen). Does he think he has all the answers? Absolutely not. He encourages readers to test his theories, try their own, and even email him about their findings. I'm thinking that most may be too busy scarfing down his Super Flaky Buttermilk Biscuits to bother.

30-Minute Minestrone

This soup looks gorgeous, packs a ton of flavor, and feels virtuous. But you'll be hard-pressed to actually make it in 30 minutes. That's just how long it's on the stove, and the time doesn't include prepping all those vegetables. That said, the short cooking time does make it taste fresh.

Cheesy Hasselback Potato Gratin

Though a labor of love-you're peeling and slicing 5 lb. of potatoes, coating them in cream and cheese, and then standing them up on edge in a baking dish-the resulting gratin is a stunner.

Flavorful

150 Irresistible Desserts in All-Time Favorite Flavors By Tish Boyle (Houghton Mifflin Harcourt; \$35)

Something you won't find in The Food Lab is dessert. As López-Alt explains: "They just aren't my thing." I fall into the same camp. That's why I'm grateful we have Chris Hoelck on the *Fine Cooking* staff. Both a talented copy editor and home baker, desserts are his thing. (So is marathon running, which is why he can get away with it.) All this is to say that when Chris is excited about a baking book, I am excited about a

baking book. Lately, it's the newest one from Tish Boyle. Chris, who has been a Boyle groupie since she was editor of Chocolatier magazine, was on me for a copy of Flavorful as soon as he got wind it was coming out. That most of the recipes will automatically appeal is almost a given. Boyle asked countless restaurant pastry chefs about which of their desserts sell best. She came up with nine basic flavor categories and arranges her chapters accordingly: vanilla, berries and cherries, apple, citrus, sweet cheese, nuts, caramel, coffee, and chocolate. The only one that may surprise is sweet cheese, but not when you consider the popularity of cheesecake. Yet there are indeed welcome surprises within the chapters: a strawberry sorbet flavored with fennel, an apple crostata baked in a whole-wheat rosemary crust, and scones flavored with orange and cardamom.

Ingredients are listed in weights as well as volume, as most serious bakers (hello, Chris) prefer weighing ingredients. A wide range of recipes means there are both easyto-make desserts for someone like me and more challenging projects for someone like Chris. And based on the number of recipes he's flagged to make (and bring in to work to share), it's clear that he'll be baking from Flavorful for a long time to come. That's good news for my taste buds and bad news for my pants size. Maybe I'll start running marathons, too, right after I eat one of the Lemon Buttermilk Cupcakes that Chris brought in.

Chocolate Pudding Parfaits with Cacao Nib-Streusel Topping

The pudding is supereasy to make and quite yummy, but what's best about the recipe is the crunchy, bitter, and sweet streusel and the fact that you make more than you need for the parfaits. Boyle recommends serving it on ice cream, and it's a tasty snack on its own.

Walnut Layer Cake with **Cream Cheese-Spice Buttercream**

Impressive to look at, the four layers of this cake get brushed with a Kahlúa syrup that makes it incredibly moist. A little more icing would have made it even better, but it's still a keeper.

FROM OUR CONTRIBUTORS

Two of our favorite contributors have just published first-time solo cookbooks.



In Toast (Phaidon; \$24.95) by Raquel Pelzel, everything is served on-you guessed it. The 50 recipes, categorized by season, include appetizers, main courses, and desserts, and reflect Pelzel's love of international cuisines. From supereasy Minty Pea and Chèvre Toast to the more involved Danish Rye Meatball Toast with Pickled Cucumbers, there's a recipe in here for every carb fan out there.



Samantha Seneviratne not only contributes regularly to Fine Cooking, but she also used to work here as a food stylist. Her book, The New Sugar & Spice (Ten Speed Press; \$27.50), literally spices up dessert with additions like caraway seeds in apple danish. Chapters about cinnamon and vanilla promise more conventionally flavored sweets as well. Gorgeous photos of Sam's inspired creations round out the package.



Find recipes from these cookbooks at FineCooking.com/extras.

Join the Feast!

Moveable Feast with Fine Cooking returns to PBS TV this fall.

Watch as host Pete Evans travels to Nashville, Austin, Maui, Anchorage, and more enticing locations, creating pop-up feasts with local chefs and artisans.

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Winner of the:











We love products that work well but also look really cool. This ampersand bottle opener fits the bill-it's a conversation starter and a perfect host gift during football season. \$10; fredandfriends.com: 855-739-1500.



▼ 7 Simply Carvelous

Don't let the turkey get all the oohs and aahs this Thanksgiving. The Patagonia Carving Set by Pampas Life is made of polished brass with handles made from fallen deer antlers. It's sure to garner a little attention of its own. \$195; shophorne .com; 877-404-6763.

« 8 Varsity Blue

Take the rich butteriness of a

triple crème cheese, add the

creaminess of a bloomy-rind

cheese, throw in the funk of blue, and we're smitten with

Saint Géric Triple Crème Blue.

Around \$17 per pound at most Whole Foods; whole

foods.com for locations.



Handmade Shotwell caramels are soft, chewy, and not too \$29.75; shotwellcandy.com.



9 Pop Star

You know those crisp, halfpopped kernels you root around the popcorn bowl for? The geniuses at Halfpops bagged them up for you. \$1.69; halfpops.com; 855-972-0586.

> 10 Best of the Nest

Birds might seem an obvious choice to adorn a set of nesting bowls, but we're utterly charmed by this handmade set. Plus, we can never have too many little bowls for condiments. \$30; julieguyot.com.



▼ 11 How Sweet It Is

sweet. We love creative flavors like craft beer and pretzel, and old-fashioned cocktail, as well as the salted originals. \$5.95 to





↑ 12 Stay Spooned

This Wood Utensil Set covers all the bases with two long, thin tasting spoons, a durable wooden spatula, and two short, sturdy serving spoons. One of our favorite things, though, is that each piece is labeled with the name of the artisan who made it. \$70; leifshop.com.



↑ 13 Just Add Watermelon

A little sweet, with a delicate hint of warming spices, these tender pickled watermelon rinds help us hold on to the memory of warmer weather. Serve them on a cheese board or add them to salad. \$9.99 for a 24-oz. jar; pickledpink foods.com; 256-679-0055.





Rye Fidelity

By staying true to an 18th-century distilling technique, one whiskey maker lets the grain's flavor shine. BY LAYLA SCHLACK

Rye is a uniquely North American type of whiskey that's made from at least 51% rye in the U.S. It can include wheat, corn, and barley, but Old Potrero 18th Century Style Whiskey is 100% malted rye.

So where does the 18th century come in? Well, that's when Scottish and Irish immigrants in the mid-Atlantic began applying their whiskey-making know-how to the grain that grew best in the cold weather and poor soil of the region: rye. Sometimes they'd blend in wheat, corn, barley, or a mix of the three. At the time, rye whiskey was one of the most beloved spirits in the country, but poorquality rye smuggled into the U.S. during Prohibition made it unpopular for a while.

Fast forward to 1993, when the beermakers at San Francisco's Anchor Brewery decided to try their hand at distilling.

Then-owner Fritz Maytag said he liked the idea of doing something a bit historical and a bit obscure that would appeal to a small audience. Rye was a natural fit—and he wanted to make it the traditional way. Because no commercial brands in the U.S. were using old-fashioned pot distillers and there wasn't much current information about how to do it, they looked to historic recipes for guidance.

Since Old Potrero's launch, rye has made a comeback thanks to the classic cocktail craze. Other high-quality brands, such as High West, Bulleit, and Redemption, are churning out easy-to-find, 95% rye spirits. They don't have Old Potrero's malty tang, but no matter which you choose, you'll find a spirit that's balanced, interesting, peppery, and dry. It's a little taste of Americana.

A Sip of History

At the time of George Washington's death, his Mount Vernon estate was one of the largest rye distilleries in the country. The first president sold rye to all the neighbors within a 5-mile radius.

Canadian Spirit

In Canada, "rye whisky" has to have only the taste and aroma of rye to bear the name, so it may be made of corn, wheat, or barley. At one point, because rye whiskey was so popular in Canada, just about all Canadian whisky was labeled rye. A lot of that was smuggled into the U.S. during Prohibition. Today, there are many fantastic Canadian brands, including Forty Creek.

Spice It Up

Rye plays a different role in cooking than sugary spirits like bourbon and rum: It adds spiciness. This makes it a great addition to foods with strong flavors, like cheese, pork, tart cherries, apples in desserts, and bitter liqueurs in cocktails, like the old fashioned or Manhattan

rye-cheddar fondue

No need to get fancy with the Cheddar in this dip. Mass-market brands, grated finely, tend to melt best, but avoid preshredded Cheddar, which may be grainy. Serve with bread cubes, vegetables, or sliced sausages.

Serves 10 to 12

- 1 lb. sharp Cheddar, finely grated (about 5 cups)
- 3 Tbs. cornstarch
- Tbs. butter
- large clove garlic, smashed
- cup whole milk
- cup rye whiskey
- ½ tsp. Worcestershire sauce

In a medium bowl, toss the Cheddar with the cornstarch and set aside.

Melt the butter in a heavy-duty 3- to 4-quart saucepan over low heat. Add the garlic and cook, stirring, until it begins to brown, about 2 minutes. Remove the garlic. Add the milk and bring to a gentle simmer over medium-low heat. Add a small handful of the cheese and whisk vigorously until completely melted. Repeat with the remaining cheese, waiting until each handful is completely melted before adding the next. Whisk in the rye and Worcestershire sauce. Transfer to a fondue pot and serve.



Mahatma BASMATT



Add a delicious gourmet taste to your favorite rice recipes!







Splendor in the Bluegrass

Louisville's down-home cuisine is all about fresh flavors.

BY LAYLA SCHLACK

IN KENTUCKY, FOOD IS ROOTED IN TRADITION.

In Louisville, that means rich fare like pit-smoked barbecue, chocolate-pecan Derby pie, and the Hot Brown, an open-face sandwich made with turkey, bacon, and cheese sauce. But it's also a celebration of the abundant farmland around the city. Greens, tomatoes, melon, and corn are easy to come by in season. The latter holds a place of special importance because it's used to make bourbon, Kentucky's most famous product.

Even with these traditions, though, Kentucky cuisine is open to all comers. The spirit of the cooking—using what's fresh and in season, of slow-braising meats and greens, and making use of all parts of the animal—lends itself well to adaptation and fusion with other types of food. Chef Anthony Lamas is leading the charge in that area.

Photographs by Mark Boughton FINECOOKING.COM $\,45\,$



Originally from central California and of Latino heritage, Anthony runs a restaurant called Seviche. The food is a blend of Latin and Southern flavors, but don't call it fusion cuisine. "My food is more organic than that," he says. "I just use the local ingredients, and I cook the flavors I like. There's some crossover, too. Southern food uses a lot of corn, and Latin food uses a lot of cornmeal, for example. Both have a tradition of smoking or slow-cooking big cuts of meat."

Meeting the makers

When Pete Evans arrived in Louisville to film Moveable Feast, Anthony was eager to show off what he says is the most vital part of the local food scene: the farmers and artisans who make the ingredients. Chef Daniel Wright, who specializes in barbecue and American street food, made the hour-and-a-half drive from Cincinnati to cook with Anthony and Pete. First, the crew went to Woodland Farm to pick up bison meat. Anthony gets a lot of the meat for his restaurant from the 1,000-acre sustainable farm, which specializes in heritage livestock breeds.

Their next stop was the oldest of the nine distilleries on the Kentucky bourbon trail: Woodford Reserve. The "Kentucky brown water," as Anthony calls it, is deeply









This page, clockwise from top right: Pete Evans and Daniel Wright prepare side dishes; a Woodford Reserve old fashioned; peas and pork belly in a skillet for Daniel's side dish; the chefs tour

Opposite page, from top: Pete watches Anthony Lamas prepare skirt steak for the grill; Daniel's peas, asparagus, and smoked pork belly; Daniel takes short ribs from the smoker; Pete's baby kale salad.











grilled skirt steak with chimichurri sauce

On Moveable Feast, Anthony Lamas made this dish-a favorite at his restaurant, Seviche-with bison skirt steak, but beef is an easy-to-find substitute.

Serves 6 to 8

FOR THE CHIMICHURRI

- 1/2 cup chopped spring onions or scallions, including the tender green tops (about 4 scallions)
- 1/2 cup packed fresh cilantro leaves (about ½ oz.)
- 1/2 cup packed fresh flat-leaf parsley (about ½ oz.)
- 1/2 medium tomato, chopped
- 1/4 cup red wine vinegar
- cup extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tsp. kosher salt
- tsp. crushed red pepper flakes

FOR THE STEAK

- 2 lb. skirt steak, trimmed Kosher salt and freshly ground black pepper
- 11/2 Tbs. fresh lemon juice

MAKE THE CHIMICHURRI

Purée all of the chimichurri ingredients in a blender until nearly smooth. Season to taste with more salt. Refrigerate at least 30 minutes and up to overnight.

GRILL THE STEAK

Prepare a high (500°F to 600°F) charcoal or gas grill fire. Pat the steak dry and season generously with salt and pepper. Grill, turning once, until cooked to your desired doneness, 2 to 3 minutes per side for medium rare (125°F).

Transfer to a carving board and let rest for 5 to 10 minutes. Cut the steak against the grain into 1/2-inch slices and drizzle with the lemon juice. Serve with the chimichurri.





Above: Anthony Lamas's bourbon bread pudding. Below: Feasters toast at Ambrosia Farm.

embedded in the area's history and cuisine. Cocktails like mint juleps and old fashioneds abound, and bourbon is also a component in signature dishes like Derby pie, bread pudding, and barbecue sauce.

Finally, they headed over to Ambrosia Farm to gather fruits and vegetables, cook the feast, and serve it. Proprietor Brooke Eckmann grows 82 varieties of heirloom tomatoes, as well as other seasonal vegetables, and supplies lots of local restaurants, including Seviche.

When the guests gathered at the flowerdecked table at the farm, they ate grilled and smoked meats and farm-fresh vegetables. A little rustic, a little refined, and Southern with Latin notes, this feast truly encapsulated the flavor of the Bluegrass State.





Lamas Likes...

If you're ever in Louisville, Anthony Lamas has a few recommendations for what to see and where to eat.

- Lilly's Bistro is an institution. It's run by Kathy Cary. She's kind of the Alice Waters of Louisville. She really started the restaurant scene here. Everything's local, and all of the big local chefs have worked in her kitchen. (lillysbistro.com; 1147 Bardstown Road; 502-451-0447)
- Feast is real Kentucky barbecue, but in a more refined setting. It's in a really hip neighborhood called NuLu, which stands for new Louisville, even though it's actually one of the older parts of town. (feastbbq.com; 909 E. Market St.; 502-749-9900)
- I love getting lunch at Blue Dog Bakery. They bake the bread for a lot of restaurants in town, and they make great sandwiches. (bluedogbakeryandcafe.com; 2868 Frankfort Ave.; 502-899-9800)
- There's some good sports history here. Sports fans should definitely check out the Louisville Slugger Museum and the Muhammad Ali Center. (sluggermuseum.com; 800 W. Main St.; 877-775-8443. alicenter.org; 144 N. 6th St.; 502-584-9254)
- I like WHYLouisville for souvenirs. They have a lot of the usual tourist T-shirts and things, but they also have local cookbooks and products from local artisansstuff that's a little more unusual. (whylouisville.com; 806 E. Market St.; 502-290-7778)



Find out when Moveable Feast is showing in your area at FineCooking.tv/ schedule.



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Black Bean Quesadillas

Serves 4 | Prep time: 5 min. | Total time: 15 min.

INGREDIENTS

- 1 cup GOYA® Pico de Gallo Salsa
- 1 can (15.5 oz.) GOYA® Black Beans, or GOYA® Low Sodium Black Beans, drained and rinsed
- ½ cup shredded Monterey jack cheese
- 2 tbsp. finely chopped fresh cilantro
- 4 10" GOYA® Tortillas (for Burritos)
- 1 tsp. GOYA® Extra Virgin Olive Oil

GOYA® Salsita (optional)

DIRECTIONS

- Using small-hole strainer, drain liquid from Pico de Gallo Salsa; discard liquid. Transfer remaining tomato mixture to medium bowl. Mix in black beans, cheese and cilantro until combined.
- 2. Divide black bean mixture evenly over half of each tortilla (about ½ cup each). Fold tortillas in half.
- 3. Heat large griddle or skillet over medium-high heat. Brush with oil. Place filled tortillas on griddle. Cook, carefully flipping once, until tortillas are golden brown and crisp and cheese filling melts, about 5 minutes.
- Cut quesadillas into wedges. Serve with your favorite GOYA® Salsita variety, if desired.



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Cook your main and side together on a single pan.

Dinner, done. BY MOLLY GILBERT

Sheet Pan Suppers



Sheet pans are nothing new—they've been a staple in restaurant and home kitchens for decades—so you probably already know how handy they are for everything from toasting nuts to baking cookies. But did you know that you can cook practically a whole meal on one sheet pan?

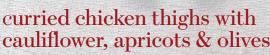
The newest riff on one-pot cooking, sheet pan meals are as delicious as they are simple. In broad strokes, a sheet pan meal comes together like this: Line your sheet pan with parchment or foil, throw your meat and vegetables on the pan, toss with a spice blend or sauce, and pop the whole thing in the oven. Then kick back and relax.

Meanwhile, inside the oven, the sheet pan's large surface area and shallow sides allow for maximum heat circulation, so the meat (or fish or chicken) quickly cooks up tender and juicy while the vegetables develop lots of nice, roasty brown edges. Along the way, you'll need to do little more than give the pan a spin or flip the meat

(or add it, if the vegetables needed a head start).

The recipes on the following pages show how versatile this simple technique can be, from speedy weeknight meals to impressive dinner party fare. Still not convinced? Then here's one last thing you should know: Since the sheet pan is lined with parchment or foil, cleanup is going to be a breeze, too.

Cooking instructor Molly Gilbert is the author of Sheet Pan Suppers. She lives in Seattle.



This is my riff on Chicken Marbella, a famous Silver Palate dish featuring sweet roasted prunes and briny olives that my mother made often when I was growing up. In my version, made with boneless chicken thighs and cauliflower, the original seasonings are replaced with Moroccan-inspired spices, and dried apricots sub for the prunes. For the best flavor, start marinating the chicken in the morning or, better yet, the night before. Serves 4 to 6

- 8 boneless, skinless chicken thighs (about 2 pounds total)
- 14 cup extra-virgin olive oil
- 1 Tbs. apple cider vinegar
- 4 tsp. curry powder
- 1 tsp. smoked paprika
- 1/2 tsp. ground cinnamon
- 1/4 tsp. cayenne pepper Kosher salt
- 1 large head cauliflower, cut into bite-size florets
- 34 cup coarsely chopped dried apricots, soaked in hot water for 5 minutes and drained
- cup pitted green olives, halved or quartered if large
- 1/3 cup chopped fresh cilantro
- 1 large lemon, cut into 4 to 6 wedges

In a medium bowl, combine the chicken thighs with 2 Tbs. of the oil, the vinegar, 2 tsp. of the curry powder, ½ tsp. of the paprika, the cinnamon, cayenne, and ¾ tsp. salt, tossing to coat. Cover and refrigerate for at least 8 hours and up to overnight.

Position a rack in the center of the oven and heat the oven to 450°F. Line a large rimmed sheet pan with parchment. On the pan, combine the cauliflower with the remaining 2 Tbs. oil, 2 tsp. curry powder, ½ tsp. paprika, and ¾ tsp. salt, tossing to coat. Add the apricots and olives, and spread in a single layer.

Remove the chicken thighs from the marinade, fold them back into their original shape, and place them on top of the cauliflower, spaced evenly apart. (Discard any remaining marinade.)
Roast, rotating the pan halfway through, until the cauliflower browns and the chicken cooks through (165°F), about 35 minutes.

Remove the chicken from the pan and toss the cauliflower mixture with the pan

drippings. Serve the chicken and cauliflower mixture sprinkled with the cilantro and the lemon wedges on the side.



Pair With: CHABLIS Chardonnay from the appellation of Chablis boasts salty minerals and dry fruits perfect for the olives in this dish.

roasted salmon & fennel with pistachio gremolata

The bright flavors and beautiful colors in this dish make it a companyworthy meal, but it's quick enough for a weeknight, too. Serves 4

- 2 medium fennel bulbs (about 1% lb. total), cored and sliced into 1/2-inchthick wedges
- 1/2 medium red onion, thinly sliced
- 3 Tbs. extra-virgin olive oil Kosher salt and freshly ground black pepper
- 4 6-oz. skinless salmon fillets
- 1/2 cup packed fresh flat-leaf parsley, coarsely chopped
- 1/2 cup salted shelled pistachios, coarsely chopped
- 1 Tbs. finely grated lemon zest (from 1 large lemon)
- 1 Tbs. finely chopped garlic Flaky sea salt

Position a rack in the center of the oven and heat the oven to 400°F.

Line a large rimmed sheet pan with aluminum foil or parchment. On the pan, toss the fennel and onion with the olive oil and a big pinch each of salt and pepper. Spread the vegetables evenly and roast until tender and browned at the edges, 20 to 25 minutes.

Push the vegetables into a pile to make a bed for the salmon. Place the fillets on top of the vegetables, spaced evenly apart, and season with salt and pepper. Roast until the salmon is just cooked through, 10 to 15 minutes.

Meanwhile, in a medium bowl, combine the parsley, pistachios, lemon zest, and garlic to make the gremolata.

Serve the salmon and vegetables topped with the gremolata and a sprinkling of sea salt.

Pair With: WASHINGTON STATE WHITES The cold climate creates citrus flavors that enhance the fenne



broiled steak & brussels sprouts with blue cheese sauce

Beefy New York strip steaks lend their flavorful drippings to sliced Brussels sprouts sizzling below. To speedily prep the sprouts, use the slicing disk on your food processor. **Serves 4**

Cooking spray

- 20 oz. Brussels sprouts, thinly sliced
- 6 Tbs. extra-virgin olive oil
 Kosher salt and freshly ground black
 pepper
- 2 1-inch-thick New York strip steaks (about 1½ lb. total)
- 14 cup sour cream
- 3 oz. (about ¼ cup) creamy blue cheese, such as Gorgonzola dolce
- 1 tsp. white wine vinegar
- 2 Tbs. thinly sliced fresh chives

Position a rack about 6 inches from the broiler element, and heat the broiler on high. Line a large rimmed sheet pan with aluminum foil and mist it with cooking spray.

Place the Brussels sprouts on the prepared pan, drizzle with 3 Tbs. of the oil, sprinkle with ¼ tsp. each salt and pepper, toss to coat, and arrange in an even layer.

Spray a wire rack with cooking spray, and place it over the sprouts, nudging them so the rack lies flat. Brush the steaks with 1 Tbs. of the oil and season both sides with salt and pepper. Place on the rack.

A True Workhorse

Also known as a "half-sheet" or "rimmed baking sheet," a sheet pan is a flat, 18x13-inch metal pan with a 1-inch rim around the sides. Because they're so incredibly useful, you should have at least two (if not three) in your kitchen. I prefer aluminum or stainless-steel pans without a nonstick coating, since they hold up well under high heat and last for ages without the worry that the coating will degrade.

Don't confuse a jelly roll pan with a sheet pan. A jelly roll pan is the same shape as a sheet pan, but it's smaller and less sturdy with a tendency to warp at high heat. Be sure to get your hands on an actual sheet pan for the recipes here. They're easy to find at kitchen and restaurant supply stores (see page 100 for a mail-order source).

Broil, flipping the steaks once, until the sprouts are tender and charred on the edges and the steaks are cooked to your liking, 3 to 5 minutes per side for medium rare (125°F to 130°F).

Meanwhile, purée the sour cream, blue cheese, vinegar, and the remaining 2 Tbs. oil in a food processor or blender until smooth. Season to taste with salt and pepper. Transfer to a bowl and stir in the chives.

bine the more charred ones with the less charred ones. Stir the sauce and thin with water, if needed.

and thinly slice. Toss the sprouts to com-

Serve the steak and sprouts with the blue cheese sauce.

Y

Pair With: PETITE SIRAH These reds have dark fruits and spices that enhance the sprouts and blue cheese.



herbed pork tenderloin with mustard-roasted apples & potatoes

A mixture of fresh rosemary, sage, and thyme coats quick-cooking pork tenderloin, which pairs beautifully with tender apples and potatoes. The whole thing makes your kitchen smell like a dream, and the flavor? Even better. Serves 4 to 6

Cooking spray

- 1½ lb. red potatoes, cut into ½-inch pieces
- 1 large red onion, cut into ½-inch pieces
- 5 Tbs. extra-virgin olive oil
- 2 Tbs. country-style Dijon mustard
- 2 medium cloves garlic, mashed to a paste with the side of a chef's knife
 - Kosher salt and freshly ground black pepper
- 2 small pork tenderloins (about 1 lb. each), trimmed
- 1 Tbs. dark brown sugar
- 1 Tbs. chopped fresh rosemary
- 1 Tbs. chopped fresh sage
- 1 Tbs. chopped fresh thyme
- 1 Tbs. white wine vinegar

Position a rack in the center of the oven and heat the oven to 450°F.

Line a large rimmed sheet pan with aluminum foil or parchment and mist with cooking spray. Toss the potatoes and onion together on the prepared pan.

In a small bowl, whisk together ¼ cup of the oil, 1 Tbs. of the mustard, the mashed garlic, and a big pinch each of salt and pepper. Reserve 2 Tbs. and drizzle the remaining mixture over the vegetables on the sheet pan, tossing to coat. Spread the vegetables evenly and roast until beginning to soften and color slightly, 10 to 15 minutes.

Meanwhile, pat the pork tenderloins dry with a paper towel. In a small bowl, combine the remaining 1 Tbs. oil and mustard with the sugar, 1 tsp. salt, and ½ tsp. pepper; rub all over the pork. Sprinkle the chopped fresh herbs to coat on all sides. Toss the apple wedges with the reserved 2 Tbs. of dressing, then toss with the vegetables on the pan. Place the tenderloins on top of the vegetables, leaving some space between the two pieces of meat.

Roast, flipping the meat once half-way through, until the vegetables are browned and tender and an instant-read thermometer inserted into the thickest part of the pork registers 145°F, 25 to 30 minutes total.

Transfer the pork to a cutting board and let rest, loosely covered with aluminum foil, for 10 minutes.

Meanwhile, toss the vegetables with the vinegar.

Slice the pork, sprinkle with sea salt, and serve with the vegetables.



Pair With: RED RIOJA Red fruit and dill notes in these smooth Spanish wines will accentuate the dish's fresh herbs.





want it spicier, add more Sriracha. Serves 4

3 Tbs. creamy peanut butter, preferably natural

2 Tbs. reduced-sodium soy sauce

1½ tsp. packed dark brown sugar

1½ tsp. Asian sesame oil

Cooking spray

1½ tsp. Sriracha; more to taste

1½ tsp. plain rice vinegar

11/2 tsp. freshly squeezed lime juice

1¼ lb. extra-large shrimp (26 to 30 per lb.), peeled and deveined

1 lb. 1-inch broccoli florets (about 4 cups)

Tbs. olive oil
 Kosher salt and freshly ground
 black pepper

Position a rack about 6 inches from the broiler element and heat the broiler on high.
Line a large rimmed sheet pan with aluminum foil and mist it with cooking spray.

In a medium bowl, whisk the peanut butter, soy sauce, brown sugar, sesame oil, Sriracha, vinegar, lime juice, and 2 Tbs. warm water until smooth. Set aside half of the sauce for serving and toss the shrimp with the remaining sauce.

On the prepared pan, toss the broccoli with the olive oil and season with salt and pepper. Arrange in a single layer and broil until lightly browned on the edges, about 3 minutes, keeping a close eye on the pan and tossing occasionally to prevent burning.

Arrange the shrimp on and around the broccoli, spreading it out evenly. Return the pan to the oven and broil until the broccoli is charred on the edges and the shrimp are just cooked through, 3 to 5 minutes more.

Serve the shrimp and broccoli with the reserved peanut sauce on the side for dipping.



Pair With: STAINLESS STEEL CHARDON-NAY Unoaked Chardonnay has bright, lemony notes to balance the spicy sauce. Jason Sobocinski's passion for making the most of local ingredients has helped him build a Connecticut restaurant empire.

BY LAYLA SCHLACK

THE BIG



Photographs by Mike Yamin

Rise of an empire

Following school, Sobocinski returned home to New Haven, Connecticut, and opened Caseus Fromagerie and Bistro, a combination cheese shop and restaurant, complete with a cheeseaging "cave" that he built himself. "It's just a regular walk-in," he says. "But I got a kit to make it a low-velocity refrigerator, so it's 80 to 88 percent humidity. It helps the cheese really open up. When we get cheese from Europe, we'll put it in there for a few weeks before we taste it."

The restaurant started off as a way to showcase his cheeses and make them accessible. "New Haven didn't have a cheese shop in 2008. The foodie movement hadn't quite gained steam here, and people weren't as knowledgeable about food. The restaurant served as a way to educate people about new cheeses by putting them in familiar dishes."

Comfort-food classics like mac and cheese, cheeseburgers, and poutine, along with more adventurous seasonal dishes, made Caseus a local continued >>>



Above: The Caseus grilled cheese truck, serving up lunch in downtown New Haven. Below: The patio at Caseus, flanked by herb planters.





favorite almost overnight. When the tables tucked in the restaurant's nooks and crannies were no longer enough to meet the demand, Sobocinski opened a grilled cheese truck. He's gone on to partner with a bar called Ordinary that occupies a historic building in downtown New Haven, a barbecue joint called Smoke Box, a brewery called Black Hog, and, naturally, a cheesemaker called Mystic Cheese Co.

Local love

Sobocinski's roots in the community and his interest in where food is coming from mean that his local empire is about much more than good eats. Caseus is known for serving as many local products as possible, including Black Hog beers and Mystic cheeses, of course, as well as herbs grown in the restau-

rant's own roof garden and patio planters. And Sobocinski lets almost nothing go to waste. He buys whole animals, rather than select cuts of meat, and then uses every part. Oh, and that grilled cheese truck? The crisp, gooey sandwiches are a vehicle for cheese scraps, so the truck is part of his no-waste agenda.

A delicious byproduct

Careful ordering and menu planning, along with a perpetually packed restaurant, mean that there's not much food left over at the end of the day at Caseus. But, Sobocinski explains, sometimes there are a few odds and ends. Why let perfectly good cheeses, spices, herbs, vegetables, and fruits go to waste? That's not in line with his ethos. Lucky for him—and his patrons—butter is a great preservative.

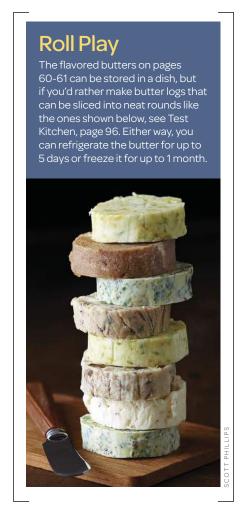
Regulars at Caseus know to always order the daily butter special. Made by folding any leftover ingredients into butter, the flavored butters are served with grilled bread from a local bakery. "When we first started serving it, we were a little worried people would balk at paying \$5 for bread and butter," he said. "And they did a little, but now they're excited to see what we're doing every day. And now charging for bread and butter is pretty common in restaurants. What's great is that making flavored butter is one of those little restaurant things that's really easy for people to do at home."

So there you have it: a cheffy technique that's delicious, endlessly customizable, and dead simple. Ingenuity like that is how empires get built.

Butter recipes on next page >>>



Left: Jason Sobocinski shows off some favorite cheeses in his shop. Above: A butter of the day, flavored with lemon and roof-garden thyme.



BUTTER DAYS AHEAD

Transform your toast with one of these delicious spreads, or try a few of Jason Sobocinski's other great serving suggestions.



taleggio and garlic

Aged balsamic, stinky cheese, and shallots make this butter pungent, and that's a good thing. A quick garlic confit adds sweetness for balance and leaves you with some lovely garlic-infused oil. Makes about 1½ cups

- 5 medium cloves garlic
- 2 Tbs. extra-virgin olive oil
- 4 oz. (8 Tbs.) unsalted butter, at room temperature
- 4 oz. Taleggio, rind removed, coarsely chopped
- % cup finely chopped shallots (from 2 medium)
- 2 Tbs. finely chopped fresh basil leaves (about 5 large)
- 1 Tbs. aged balsamic vinegar

Position a rack in the center of the oven and heat the oven to 300°F. Combine the garlic and oil in an oven-safe ramekin and bake until the garlic is soft, about 20 minutes. Let cool to room temperature.

With an electric mixer or by hand, mix the garlic (save the oil for another use) with the remaining ingredients in a medium bowl until combined.

66 Slather a thick layer on a roast beef sandwich.

popcorn butter

Buttered popcorn is delicious, so why not popcorn butter? Makes about 11/4 cups

- 2 cups unsalted popped popcorn
- 4 oz. (8 Tbs.) unsalted butter, at room temperature
- ½ tsp. flaky sea salt, such as Maldon

Pulse the popcorn in a food processor until finely chopped. With an electric mixer or by hand, mix the popcorn with the butter and salt in a medium bowl until combined.

on basmati rice as a side dish with roast chicken. I've also used it to finish a pot of creamy risotto and it was delightful!

oatmeal cookie butter

This sweet, fruity butter tastes like the most sophisticated cookie dough you've ever licked off a spoon. Makes about 1½ cups

- 4 oz. (8 Tbs.) unsalted butter, at room temperature
- 3 Tbs. coarsely chopped dried dates
- 3 Tbs. coarsely chopped dried Turkish apricots
- 2 Tbs. dark brown sugar
- 2 Tbs. rolled oats, chopped
- Tbs. lightly toasted coarsely chopped pecans
 Pinch kosher salt

With an electric mixer or by hand, mix all of the ingredients in a medium bowl until combined.

I spread it on graham crackers as an after-school/after-work snack, paired with a brown ale for me, but not for the kids.



citrus and sheep's milk cheese butter

Bianco Sardo is a sheepy aged Sardinian cheese. Its tang pairs nicely with that of citrus, and since it's not too salty, it won't overpower fruit notes. If you can't find it, use a high-quality pecorino. Makes about 1½ cups

- 4 oz. (8 Tbs.) unsalted butter, at room temperature
- oz. Bianco Sardo or pecorino romano, finely grated with a rasp (about 2 cups)
- 1 Tbs. finely grated lemon zest
- 1 Tbs. finely grated lime zest
- 1 tsp. finely grated orange zest

With an electric mixer or by hand, mix all of the ingredients in a medium bowl until combined.

I know it's against the rules to mix cheese and fish, but this is bright and funky on sweet white fish like cod and striped bass, or on seared scallops. Put a dollop of the cold butter over hot fish and serve immediately.

fall herb butter

Almonds offer a toasty counterpoint to bold fall herbs in this savory butter. Makes about 1 cup

- ½ cup fresh flat-leaf parsley, chopped
- 3 Tbs. extra-virgin olive oil
- 2 Tbs. lightly toasted chopped unsalted almonds
- 1 Tbs. fresh thyme, chopped
- 3 large leaves fresh sage, chopped
- ½ tsp. kosher salt
- 4 oz. (8 Tbs.) unsalted butter, at room temperature

Put all the ingredients except the butter in a large mortar and grind with the pestle in a circular motion until broken down into a slightly chunky pesto.

With an electric mixer or by hand, mix the pesto with the butter in a medium bowl until combined.

This is great for finishing steaks. While the meat is resting, plop a big blob of this over the steak and let it slowly melt and dress the meat.

french toast butter

Sweet and comforting, with a nice, salty crunch, this butter is also a way to use up bread.

Makes about 1 cup

- 1 cup ½-inch cubes brioche or other soft white bread, lightly toasted
- 4 oz. (8 Tbs.) unsalted butter, at room temperature
- ½ cup maple syrup, preferably grade B
- 1 Tbs. dark brown sugar
- 1 tsp. ground cinnamon
- ½ tsp. flaky sea salt, such as Maldon

With an electric mixer or by hand, mix all of the ingredients in a medium bowl until combined.

Waffles or pancakes with this butter are amazing. I also love serving it on a toasted English muffin with fried eggs and bacon, too.

CREAM of the CROP

Good ingredients always make better food, but you don't have to go crazy with premium artisanal butter to make these.

"I use Cabot," a Vermont-based brand available in area supermarkets, Sobocinski says. "It's the most local and readily available we can get consistently."

Moussaka

Learn to make this traditional Greek comfort-food casserole.

BY CHRISTINA PELEKANOS

My father is from the Greek village of Ardactos on the island of Crete. When I was a kid, we—my dad, mom, sister, and I—went there a couple of times to visit his family. We stayed in the house he grew up in, enjoying time with his family, relaxing, and eating. I recall spending most of my time in the pool, hanging out with my cousins. As an adult, I try to go back every year, but now I spend more time in the kitchen than the pool. That's because the women in my dad's family are fantastic cooks, and I've been lucky enough to learn from them as they prepare food for everyone in the house. While they make many wonderful Greek specialties, my favorite by far is moussaka.

A hearty casserole, moussaka features layers of eggplant and potatoes topped with a savory, tomatoey meat sauce and a creamyyet-light béchamel that's baked until browned and bubbly. One bite, and you swoon because the layers have melded together to create an incredibly delicious, comforting dish.

Aunt Angeliki (my dad's sister) makes an amazing moussaka. Admittedly, she has an advantage: Eggplant grown on Crete are the best I've ever tasted. But much of what she does will translate no matter where you're making moussaka. I know this because now when I visit, I help her make it. It takes a while; like lasagne, each layer is prepared separately before being assembled in one large baking dish. The work, however, can be spread out, and the house gets filled with heady aromas as we make the moussaka.

Cooking with my aunt, I took note of the things she does to make her moussaka so good. She salts her eggplant, for instance, to draw out moisture to keep the casserole from being soggy. She uses ground beef for her meat sauce layer (not lamb as some do) so that the flavor doesn't overwhelm the rest of the ingredients. Sometimes she fries the eggplant and sometimes she roasts it (I prefer the latter), but she always fries the potatoes to get a perfectly silken tender-creamy texture. I think her true secret, though, is the love she puts into making it. I'm thrilled to share her recipe, and I hope you enjoy it as much as I always do.

Moussaka Make Ahead

You can refrigerate an unbaked moussaka for up to 24 hours. Let it come to room temperature before baking. Or freeze it for up to three months. Defrost it in the refrigerator overnight, and let it come to room temperature before baking.



moussaka

Beloved by Greeks and non-Greeks alike, this hearty casserole is one of the best things you'll ever eat. Like most good things, moussaka takes time to make, but it feeds a crowd. Plus, leftovers are a treat. **Serves 8**

FOR THE MEAT SAUCE

- 2 Tbs. extra-virgin olive oil
- 2 medium yellow onions, finely chopped (about 2½ cups) Kosher salt and freshly ground black pepper
- 1 lb. 80% lean ground beef
- 1/2 cup dry red wine
- ½ cup canned crushed tomatoes
- ½ cup finely chopped fresh flat-leaf parsley
- 1 Tbs. tomato paste
- 14 tsp. freshly grated nutmeg

FOR THE EGGPLANT

- 3 lb. eggplant (about 2 medium or 5 to 6 baby eggplant), trimmed and sliced crosswise about ¼ inch thick Kosher salt
- 3 Tbs. extra-virgin olive oil; more as needed Freshly ground black pepper

FOR THE POTATOES

- 1 cup extra-virgin olive oil
- 3 medium russet potatoes (about 2½ lb.), rinsed and dried Kosher salt

FOR THE BÉCHAMEL

- 3 cups whole milk
- 4 oz. (1/2 cup) unsalted butter
- 2¼ oz. (½ cup) unbleached all-purpose flour
- 2 large eggs, beaten
- ½ oz. finely grated Parmigiano-Reggiano or pecorino romano (½ cup)
- 1/8 tsp. freshly grated nutmeg; more to taste
 Kosher salt

MAKE THE MEAT SAUCE

Heat the oil in a 12-inch skillet over medium heat. Add the onions, a generous pinch of

salt, and a few grinds of pepper. Cook, stirring occasionally, until translucent, 5 to 8 minutes.

Turn the heat up to medium high. Add the beef, a pinch of salt, and a few grinds of pepper. Cook, stirring occasionally and breaking up the meat, until browned, 7 to 10 minutes. Add the wine; turn the heat down to medium, and cook, stirring occasionally, until absorbed, about 3 minutes. Add the tomatoes, parsley, tomato paste, and nutmeg, and stir to combine 1. Turn the heat down to low and gently simmer to meld the flavors, stirring once or twice, about 5 minutes. Season to taste with salt and pepper. Set aside. (The meat sauce can be refrigerated for up to 2 days or frozen for up to 3 months.)

SALT THE EGGPLANT

Cover the bottom and sides of a large colander with a single layer of the eggplant slices and sprinkle generously with salt. Top with more layers of eggplant, salting each layer 2 until you run out of slices. Let sit in the sink or over a large bowl for at least 30 minutes and up to 1 hour.

Make the elements separately...

The sauce may be made ahead, but set aside a chunk of time to make the other three layers close to assembling.



The meat sauce is made with beef, but you can substitute lamb or a mix of both.



Salt the eggplant to eliminate some of its bitterness while drawing out moisture.



Pan-fry the potatoes for a tender-silky texture.



Save some oil and time by roasting the eggplant instead of frying it.



Whisk in eggs to enrich the béchamel and help it set up into a light, custardy layer.

PAN-FRY THE POTATOES

Heat the oil in a heavy-duty 12-inch skillet, preferably cast iron, over medium heat until shimmering hot (about 375°F).

Meanwhile, slice the potatoes crosswise into ¼-inch rounds, discarding the end slices.

Working in batches, slide 10 to 15 potato slices into the hot oil in a single layer. Fry, flipping once, until the potatoes are tender, about 4 minutes 3.

Transfer to a paper-towel-lined tray and gently blot off the excess oil. Lightly season with salt. Repeat with the remaining potatoes.

ROAST THE EGGPLANT

Position racks in the upper and lower thirds of the oven and heat the oven to 350°F.

Rinse the eggplant in cold water to remove excess salt. Press the slices between paper towels or clean kitchen towels to dry, then arrange them in a single layer on 2 large rimmed baking sheets. Lightly brush both sides of each slice with the olive oil and lightly season both sides with salt and pepper. Roast, flip-

ping once, until tender and lightly browned, 30 to 35 minutes total 4.

MAKE THE BÉCHAMEL

Heat the milk in a 2-quart saucepan over medium heat until steaming; set aside.

Melt the butter in a 4-quart saucepan over medium-low heat. Add the flour and cook, whisking constantly, until golden, about 5 minutes. Slowly whisk in the hot milk and then simmer gently, whisking, until the raw flour taste is gone and the sauce thickens, about 5 minutes. Turn the heat down to low and gradually whisk in the eggs; whisk vigorously to combine. Remove from the heat. Set aside 1 Tbs. of the cheese for assembly, and add the remaining cheese to the sauce, along with the nutmeg and 1 tsp. salt; whisk until smooth 5. Season to taste with more salt and nutmeg.

ASSEMBLE AND BAKE

Position a rack in the center of the oven and heat the oven to 350°F. Lightly oil a 9x13-inch baking dish.

Arrange the potatoes in an even layer on the bottom of the dish, overlapping the slices like shingles 6. Sprinkle evenly with 1 tsp. of the reserved cheese.

Arrange the eggplant slices as you did the potatoes **7**, and evenly sprinkle with 1 tsp. of the remaining cheese. Spread the meat sauce in an even layer on top of the eggplant **3**. Pour the béchamel over the meat sauce **9** and spread in an even layer. Evenly sprinkle with the remaining 1 tsp. cheese. Bake until the top is golden brown, 50 to 60 minutes **10**. Let sit at room temperature for at least 30 minutes before serving.

Moussaka maven Christina Pelekanos teaches social studies in New York City. □



Pair With: AGIORITIKO This most commonly planted red grape in Greece is known for its blistering red fruits and vibrant acidity and is best served with a slight chill and a hearty dish like moussaka.

...then layer and bake

Assembling and baking the moussaka is the easy part. Factor in about a half-hour of resting time before serving.



Form the base of the moussaka with fried potatoes.



Next, layer on the eggplant.



Spread the meat sauce over the eggplant, which will absorb some of the sauce's flavor.



Add creamy richness and balance the tangy meat sauce with the bechamel.



Bake until the top is golden brown and your kitchen smells delicious.

Drink pairing by Patrick Watson FINECOOKING.COM $\,65\,$







THERE'S NO OTHER HOLIDAY QUITE AS TIED TO FOOD AS THANKSGIVING, so at Fine Cooking, we plan each year's holiday feature far in advance. Every winter, we gather to start talking about what we want to do next year. The conversation meanders from new and interesting turkeycooking techniques we've read about or tried to different ways to approach the side dishes (which, for most of us, are just as exciting as the bird) and, inevitably, to how we personally celebrate the holiday. We have a wide array of traditions in our families, from huge, lively gatherings to small, intimate affairs. Some of us have signature dishes our relatives clamor for, and some of us like to change things up. One thing we realized this year is that if we pooled our talents, we could put together a heck of a delicious menu. On the following pages, you'll find our favorite Thanksgiving recipes, and the traditions behind them. They make quite the feast served together, but you could also pick one or two and add them to your own holiday spread.

Menu



Spiced Carrot-Pine Nut Soup

Pair with A.R. Valdespino Manzanilla Deliciosa Sherry, Andalucia, Spain

> Citrus-Herb Roast Turkey & Gravy

Bourbon-Mint Cranberry Sauce

Bread Stuffing with Sausage, Apples & Sage

Goat Cheese & Chile Corn Spoonbread

Mashed Potato Gratin with Manchego ಲೆ Horseradish

Haricots Verts with Cream, Mushrooms ಲೆ Crisp Bacon

Pair with 2009 White Cottage Ranch Howell Mountain Merlot, California, and 2014 Franck *过 Jean-François Bailly-Reverdy* Sancerre Cuvée Chavignol, Loire, France

> Hot Buttered Rum Apple Cider

Apple-Pear-Cherry Pie

Pair with Bera Brachetto Piemonte, Piedmont, Italy



The Game Plan

Good news: Much of this feast can be made ahead. Here's how to pace it so you won't feel overwhelmed on the big day.

• UP TO 6 WEEKS AHEAD

Make the pie up to the point of freezing it whole. (The pie must be frozen at least 1 day ahead.)

• UP TO 1 WEEK AHEAD

Make the flavored butter for the hot cider.

• UP TO 5 DAYS AHEAD

Make the soup.

Make the flavored butter for the turkey.

• UP TO 3 DAYS AHEAD

Blanch the haricots verts.

• UP TO 2 DAYS AHEAD

Make the cranberry sauce.

• UP TO 1 DAY AHEAD

Dry-brine the turkey. (This has to be done 1 day ahead.)

Cut the bread for the stuffing and let dry overnight.

Cook the sausage and vegetables for the stuffing.

Make the turkey broth.

Prepare the mashed potatoes up to the point of transferring them to the broiler-safe serving dish.

• 6 TO 8 HOURS BEFORE DINNER

Bake and cool the pie.

Take the turkey out of the fridge.

• A FEW HOURS BEFORE DINNER

Take the potatoes out of the fridge.

Roast the turkey.

• 1 HOUR BEFORE DINNER

Bake the stuffing.

Make the corn spoonbread.

Finish the haricots verts.

JUST BEFORE DINNER

Make the gravy.

Broil the potatoes.

Reheat and garnish the soup.

AFTER DINNER

Make the hot cider.





spiced carrot-pine nut soup

Coriander, mustard seeds, and Madeira add depth of flavor to a fall classic. For the best results, use organic carrots. They tend to be a bit sweeter and more assertive. Serves 8 to 10

- 10 cups lower-salt chicken or vegetable broth; more as needed
- lb. carrots, preferably organic, peeled and coarsely chopped (about 7½ cups)
- 2 dried bay leaves
- 2 oz. (4 Tbs.) unsalted butter
- 3/3 cup finely chopped shallots (from about 2 medium)
- 2 tsp. yellow mustard seeds
- 1 tsp. coriander seeds
- 2 Tbs. Madeira
- Tbs. finely chopped garlic
- 34 cup toasted pine nuts Kosher salt and freshly ground black pepper
- 14 cup plain Greek yogurt
- Tbs. lemon juice

In a 6-quart pot, bring the broth to a boil over high heat. Add the carrots and bay leaves. Reduce the heat and simmer until the carrots are tender, 10 to 15 minutes.

Meanwhile, in a 10-inch skillet, heat the butter over medium heat until the foam subsides. Add the shallots and cook, stirring, until golden brown, about 2 minutes. Add the mustard and coriander seeds, and continue to cook until the spices are fragrant, about 1 minute. Add the Madeira and garlic, and cook until the liquid evaporates, about 1 minute more.

Add the shallot mixture, ½ cup of the pine nuts, ½ tsp. salt, and 1/4 tsp. pepper to the pot of carrots. Remove and discard the bay leaves. Using an immersion or regular blender, purée the soup until smooth. Bring to a simmer and season to taste with salt and pepper. Simmer for 5 minutes to meld the flavors. If necessary, add more broth to thin or simmer longer to thicken.

The soup can be made to this point up to 5 days ahead.

In a small bowl, combine the yogurt, lemon juice, and 1/4 tsp. salt. Chop the remaining 1/4 cup pine nuts.

Serve the soup drizzled with some of the yogurt and topped with the chopped pine nuts.

"My daughter Hannah has always loved root vegetables, so this soup's for her. She lives in California now and doesn't always make it home for Thanksgiving, but when she does, I make all her favorites." -Ronne Day



citrus-herb roast turkey & gravy

Dry-brining the turkey allows the spices to penetrate the meat. A compound butter of garlic, citrus zests, and fresh herbs goes under the skin just before cooking so that those flavors are vibrant. When buying a turkey, make sure it has gibletsthey're essential to the gravy.

Serves 8 to 10, with leftovers

FOR THE DRY-BRINED TURKEY

- 1 oz. kosher salt (3 Tbs. Diamond Crystal or 1 Tbs. plus 1 tsp. Morton)
- 2 tsp. freshly ground black pepper
- ½ tsp. celery seed
- 1/2 tsp. ground coriander
- 1 14- to 16-lb. fresh natural turkey (or frozen, thawed)

FOR THE BROTH

- 1/2 small yellow onion, quartered
- 1 Tbs. olive oil
- 4 cups lower-salt chicken broth

FOR THE BUTTER

- 6 oz. (12 Tbs.) unsalted butter, softened
- 3 medium cloves garlic, finely chopped
- 2 Tbs. finely grated lemon zest
- 1 Tbs. finely grated grapefruit zest
- 1 Tbs. chopped fresh rosemary
- 2 tsp. chopped fresh sage

FOR THE GRAVY

- 1 cup London dry gin
- oz. (1/4 cup) unbleached all-purpose

DRY-BRINE THE TURKEY

In a small bowl, combine the salt, pepper, celery seed, and coriander. Remove the neck, tail, and giblets from the turkey and reserve for the broth. Remove any plastic parts such as pop-up timers and leg ties. Pat dry with paper towels, and place breast side up on a wire rack in a large flameproof roasting pan.

Using your fingers, gently separate the skin from the meat, taking care not to tear the skin. Spread half of the salt rub under the skin, massaging it directly onto the meat. Massage the remaining rub all over the skin and in the cavity.

Refrigerate uncovered for at least 8 hours and up to 24 hours.

MAKE THE TUPKEY RPOTH

Position a rack in the center of the oven and heat the oven to 400°F. On a small rimmed baking sheet, toss the turkey neck, tail, giblets (excluding the liver), and onion with the oil and arrange in a single layer. Roast, flipping once, until well browned, about 40 minutes. Transfer to a heavy-duty 3- to 4-quart pot. Pour 1 cup of the chicken broth onto the hot baking sheet and scrape up any browned bits with a wooden spatula; transfer to the pot. Add the remaining broth and bring to a boil; lower the heat and simmer until reduced by half, about 45 minutes. Strain through a fine-mesh sieve; discard the solids. You should have about 2 cups.

This can be done up to 1 day ahead; refrigerate.

MAKE THE FLAVORED BUTTER

In a small bowl, with a fork, mash the butter with the garlic, citrus zests, rosemary, and sage until thoroughly incorporated.

This can be done up to 5 days ahead; refrigerate and return to room temperature before using.

ROAST THE TURKEY

Remove the turkey from the refrigerator and let sit at room temperature for 1 to

Reserve ¼ cup of the butter. Rub the rest under the skin of the breast and thighs. Tuck the wings behind the neck and tie the legs together with twine.

Position a rack in the center of the oven, and heat the oven to 350°F.

Roast the turkey uncovered, basting every 30 minutes, until an instant-read thermometer in the thickest part of the thigh registers 170°F, about 2 hours. (If the breast becomes too dark, cover with foil.) Remove from the oven, transfer to a carving board, and tent with foil.

Let rest at least 30 minutes and up to 2 hours.

MAKE THE GRAVY

Pour the drippings from the roasting pan into a fat separator; allow the fat to rise to the top, about 5 minutes, and discard.

Add the gin to the roasting pan. Boil over medium-high heat, scraping up any browned bits from the bottom of the pan,

until reduced to ½ cup, about 2 minutes. Strain through a medium-mesh sieve set over a 3- to 4-quart heavy-duty saucepan. Add the defatted pan drippings and the broth and bring to a boil. Lower the heat to a simmer and reduce to 2 cups.

Using a fork, mash the flour with the reserved herb butter until thoroughly combined. Whisk 1 Tbs. of the butter mixture into the broth mixture and continue adding, 1 Tbs. at a time, until the gravy has thickened to your desired consistency.

Carve the turkey and serve with the gravy.

bourbon-mint cranberry sauce

Traditional cranberry sauce gets a mint julep makeover, plus toasty hazelnuts for crunch. Be sure to use fresh nuts; a bad batch can throw off the flavor. Serves 8 to 10

- 11/2 lb. fresh or frozen cranberries
- 11/4 cups granulated sugar; more to taste
- ⅓ cup bourbon
- 5 big sprigs fresh mint
- 1/2 cup chopped, toasted hazelnuts

Put the cranberries, sugar, bourbon, mint, and ½ cup water in a 4-quart saucepan. Cook over medium-high heat, stirring occasionally, until the sugar dissolves and many of the cranberries pop, about 20 minutes. Add more sugar to taste and cook until dissolved. Cool to room temperature, remove the mint sprigs, and add the hazelnuts.

Refrigerate for at least 2 hours and up to 2 days. Return to room temperature before serving.

"My husband, kids, and I like to travel that week, often abroad, so we don't always have turkey on Thanksgiving day. When we get home, I make a pared-down Thanksgiving meal for the four of us. There's always fresh cranberry sauce and lots of turkey left over for sandwiches."

-Joanne Smart



bread stuffing with sausage, apples & sage

This stuffing has a loose, crisp-crumbly texture when made without the optional eggs. If you prefer the stuffing to hold together more, add the eggs. **Serves 8 to 10**

- 1 lb. crusty white artisanal bread, cut into ¾-inch cubes (about 10 cups)
- 12 oz. sweet Italian sausage, removed from casings if necessary
 Olive oil, as needed
- 1 large yellow onion, cut into medium dice (about 2 cups)
- 1 large apple, cut into medium dice (about 1½ cups)
- 5 medium celery ribs, cut into medium dice (about 1½ cups), plus ¼ cup chopped celery leaves

 Kosher salt
- 3/4 cup pecans, toasted and coarsely chopped
- 1/2 cup dried cranberries
- 1/3 cup chopped fresh flat-leaf parsley
- 3 Tbs. chopped fresh sage
- 2 to 3 cups lower-salt chicken broth
- 3 oz. (6 Tbs.) unsalted butter, melted Freshly ground black pepper
- 2 large eggs, beaten (optional)

Spread the bread cubes on two rimmed baking sheets.

Leave uncovered on the counter overnight to dry.

In a 12-inch skillet, cook the sausage over medium heat, breaking it up with a wooden spoon, until browned all over, about 6 minutes. If the pan seems dry, add 1 to 2 tsp. oil. Lower the heat to medium low and add the onion, apple, celery, and a big pinch of salt.

Cook, stirring frequently, until the onion is translucent, about 8 minutes.

This can be done up to 1 day ahead; refrigerate.

Position a rack in the center of the oven and heat the oven to 350°F. Lightly grease a 9x13-inch baking dish with olive oil.

In a large bowl, toss the sausage mixture with the bread cubes, pecans, cranberries, parsley, celery leaves, and sage. Add 2 cups of the chicken broth and toss. Let sit for a few minutes, tossing occasionally, until all of the broth is absorbed. The bread should be moist, but not soggy. If too dry, add more broth in ½-cup increments until moist but not soggy. Add the butter and toss. Season to taste with salt and pepper. Stir in the eggs, if using.

Spread the stuffing in the prepared baking dish, cover tightly with foil, and bake until heated through, about 30 minutes. Remove the foil and continue to bake until the top is lightly browned and crisp, about 30 minutes more.

"My mom and I created this stuffing together over several Thanksgivings. It's based on a Fine Cooking Create Your Own Recipe feature for stuffing (October/November 2006) by our editor, Jennifer Armentrout. Each year, we added something new, and while it may be on the verge of too many add-ins, I love the combination of fall flavors."

—Sarah Breckenridge

goat cheese & chile corn spoonbread

Hot chiles and tangy goat cheese add excitement to sweet, soothing corn pudding. The heat level is customizable, so you might want to keep it mild if serving kids. Serves 8 to 10

- 4 oz. (8 Tbs.) unsalted butter; more for the pan
- 1 bunch scallions, white and light-green parts finely chopped, green parts thinly sliced on a diagonal
- 14 cup dry white wine
- 21/2 cups frozen corn
- 1/2 cup heavy cream
- 14 tsp. freshly grated nutmeg

Kosher salt and freshly ground black pepper

- 31/4 oz. (3/3 cup) all-purpose flour
- 2¾ oz. (½ cup) stone-ground yellow cornmeal
- 3 Tbs. granulated sugar
- 1 Tbs. baking powder
- 1 cup sour cream
- 2 large eggs
- 4 oz. fresh goat cheese, softened
- 1 to 2 tsp. finely chopped fresh hot chile, such as Fresno or habanero

Position a rack in the center of the oven and heat the oven to 350°F. Butter a 2-quart baking dish.

In a 10-inch skillet, melt the butter over medium heat. Add the white and light-green parts of the scallions and cook until softened and lightly browned, about 2 minutes. Remove the pan from the heat and add the white wine, swirling until the sizzling stops. Cook until the liquid in the pan reduces slightly, about 2 minutes.

Add 1½ cups of the corn, the cream, nutmeg, ½ tsp. salt, and a few grinds pepper. Cook, stirring occasionally, until the cream thickens, about 4 minutes. Set aside.

Meanwhile, in a large bowl, combine the flour, cornmeal, sugar, baking powder, ½ tsp. salt, and ¼ tsp. pepper. Stir in the scallion greens, sour cream, eggs, the remaining 1 cup corn, and the creamed corn mixture until thoroughly combined.

In a small bowl, mash together the goat cheese and chile with a fork.

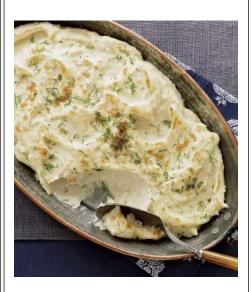
Pour the corn mixture into the prepared baking dish and smooth the top. Dollop teaspoons of the goat cheese mixture into the corn mixture, pushing some below the surface and leaving others exposed to ensure goat cheese throughout the dish. Smooth the surface.



Bake until the top is golden brown and a knife inserted in the center comes out moist with a few crumbs clinging, about 25 minutes. Let cool 10 minutes before serving.

"In my very early cooking days—before culinary school—I would combine a box of Jiffy cornbread mix with butter, eggs, and a can of creamed corn. Each year, I would get a little bolder with the flavors, and eventually I let go of the boxed mix. It's so comforting—my family loves it all year."

-Julissa Roberts



mashed potato gratin with manchego & horseradish

This has all the comfort-food joy of traditional mashed potatoes, but with a more sophisticated feel. Serves 8 to 10

Kosher salt

- 4 lb. russet potatoes, peeled and cut into 1-inch pieces
- 4 oz. manchego cheese, finely grated (about 1¾ cups)
- 4 oz. (½ cup) unsalted butter
- ½ cup crème fraîche or sour cream
- 2 Tbs. prepared horseradish Freshly ground black pepper
- 2 tsp. chopped fresh dill

Bring a 6-quart pot of well-salted water to a boil over high heat. Add the potatoes and bring back to a boil. Reduce the heat to maintain a simmer, and cook until the potatoes are tender when pierced with a fork, 15 to 20 minutes. Reserve 2 cups of the potato cooking water, drain, and return the potatoes to the pot. Add the cheese and coarsely mash the potatoes with a potato masher.

In an 8-inch skillet, melt the butter over medium-high heat until deep golden brown, about 4 minutes. Add the crème fraîche, horseradish, ½ cup of the reserved cooking water, 1½ tsp. salt, and ½ tsp. pepper to the potatoes, and mash until smooth, adding more of the reserved potato cooking water to reach your desired consistency. Season to taste with salt and pepper. Transfer to a 2-quart, 9x13-inch, or similar broiler-safe serving dish.

The potatoes can be made to this point up to 1 day ahead; refrigerate and return to room temperature before broiling.

Position a rack 6 inches from the broiler and heat the broiler on high. Broil until golden brown, about 3 minutes. Garnish with the dill and serve.

"I've always found mashed potatoes a little boring flavorwise, but you can't really have Thanksgiving without them, right? I add brown butter, then horseradish for kick, and finally mellow manchego cheese to balance it all out."

—Ronne Day

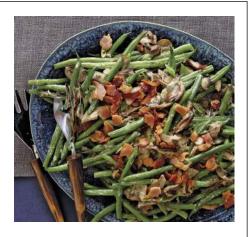
haricots verts with cream, mushrooms & crisp bacon

The sherry really comes through in the rich, creamy sauce, giving this classic dish a refined feel. If your beans are particularly long, feel free to cut them.

Serves 8 to 10

Kosher salt

- 2 lb. haricots verts, trimmed
- 4 oz. bacon, coarsely chopped
- 1 oz. (2 Tbs.) unsalted butter
- 2 lb. mixed fresh mushrooms, thinly sliced
- 2 medium shallots, minced (about ½ cup)
- 1 bunch scallions, white and light-green parts thinly sliced, dark-green parts sliced ½ inch on the diagonal



Freshly ground black pepper

- 2 Tbs. amontillado sherry
- ½ cup heavy cream

Bring 2 inches of well-salted water to a boil in a 6-quart pot. Add the haricots verts and steam, tossing occasionally, until crisptender, about 6 minutes. Meanwhile, set up an ice-water bath in a large bowl. Drain the haricots verts, shock them in the ice water to stop cooking, and pat dry.

This can be done up to 3 days ahead; refrigerate.

In an 8-quart heavy-duty pot, cook the bacon over medium-low heat until golden and crisp, about 8 minutes. Using a slotted spoon, transfer to a paper-towel-lined plate and set aside. Raise the heat to medium high, add the butter to the bacon fat, and cook until melted. Stir in the mushrooms, shallots, scallion whites, 1 tsp. salt, and ½ tsp. pepper, and cook until the mushrooms are golden brown, about 15 minutes. Add the sherry and cook until the liquid evaporates, about 2 minutes. Turn the heat down to medium low, add the haricots verts, scallion greens, and cream, and toss well. Cover and cook until heated through, about 7 minutes. Season to taste with salt and pepper. Transfer to a large serving dish, garnish with the bacon, and serve.

"We always had a green bean casserole—the kind made with canned cream of mushroom soup and fried onions—at Thanksgiving when I was growing up. I've since ditched the canned soup and put my own spin on it. The bacon is what makes it irresistible."

-Abby Simchak Donovan





apple-pear-cherry pie

This pie is best when made ahead and baked straight from the freezer. Leftovers-should there be any—are great for breakfast.

Serves 8 to 10

FOR THE FILLING

- 1/2 cup granulated sugar
- 1 cup (about 5 oz.) dried tart cherries
- 2 lb. (about 4 large) firm, tart apples (such as Braeburn, Jonagold, or Pink Lady)
- 1 lb. (about 3 medium) firm-ripe pears (such as Anjou)
- 3 Tbs. all-purpose flour
- 1/2 tsp. ground cinnamon
- 14 tsp. ground nutmeg Pinch kosher salt

FOR THE DOUGH

- 9 oz. (2 cups) unbleached all-purpose flour
- 2 Tbs. granulated sugar
- 1/4 tsp. table salt or 1/2 tsp. kosher salt
- 8 oz. (1 cup) very cold unsalted butter. cut into 1/2-inch cubes
- 2 Tbs. to 1/4 cup ice-cold water

FOR BAKING

- 1 egg yolk, beaten
- 2 Tbs. heavy cream or milk

MAKE THE FILLING

In a small saucepan, combine 1/4 cup of the sugar with ½ cup water; bring to a boil. Add the dried cherries and simmer for 3 minutes. Set aside to cool to room temperature. Drain. (Save the liquid to drizzle on ice cream.) Peel, core, and cut the apples and pears into 1/3-inch-thick slices. In a large bowl, toss the apples, pears, and cherries with the remaining 1/4 cup sugar, flour, cinnamon, nutmeg, and salt. Set aside.

MAKE THE DOUGH

Put the flour, sugar, and salt in the bowl of a stand mixer fitted with the paddle attachment (or in a large bowl, if mixing by hand). Mix for a second or two to blend. Add the butter, and with the mixer on low or by hand with a pastry cutter, work the mixture until it's crumbly and the largest pieces of butter are no bigger than a pea, about 2 minutes. Test the butter to make sure it is still cold enough by collecting a small amount and molding it into a small cube. If after handling it your fingers are greasy, refrigerate the mixture for 15 minutes before proceeding. With the mixer still on low (or tossing with a fork if mixing by hand), sprinkle 2 Tbs. of the cold water evenly over the flour and

butter. Work the dough until it just pulls together in a shaggy mass, adding more water, if needed, 1 tsp. at a time. Divide the dough in half and pat each piece into a disk; refrigerate one piece.

ASSEMBLE AND FREEZE THE PIE

On a floured work surface, roll the other piece of dough into a 12-inch circle, turning the dough and reflouring as necessary to prevent sticking. Transfer the dough to a 9-inch pie plate, fitting it into the plate without stretching. Trim so that there is 1 inch of dough hanging over the edge of the plate.

Pour the filling into the pie shell and press down with your palms to arrange it evenly. (This will keep the apples from poking holes in the top crust.) Refrigerate while you roll out the other half of the dough.

Roll out the other piece of dough the same way as the first half. Drape it over the pie and trim the edge of the top crust to the same size as the bottom. Roll the edges together and under so they rest on the rim of the pie plate and form a tall edge. Crimp the edge, making sure the crusts are sealed. Vent the top by poking the tip of a paring knife through it in a few places.

Wrap the pie in plastic wrap and freeze for at least 1 day and up to 6 weeks (also wrap in foil if freezing for more than 1 day).

BAKE THE PIE

Position a rack at the bottom of the oven. Line a rimmed baking sheet with foil and set it on the rack. Heat the oven to 350°F.

In a small bowl, whisk the egg yolk with the milk or cream. Brush the top of the pie with the egg wash (you won't need it all). The egg wash may freeze as you are applying it; re-pierce the steam vents if they become clogged. Bake on the heated baking sheet until the crust is deep golden and the juices are bubbling, about 1 hour, 45 minutes. If the edges start to get too dark, loosely drape foil around the sides or cover the edges with a pie guard.

Cool on a rack to room temperature, about 4 hours, before serving.

"My father was famous in our family for his wonderful pies. When he passed away more than 10 years ago, I inherited pie duty, along with his rolling pin and pie pans. Apples were his favorite fruit, so I've been making this pie for years as an homage to him (and also because my husband hates pumpkin pie). It's a riff on Kathleen Stewart's Apple Pie with Poached Dried Cherries from the Winter 2004 issue."

-Jennifer Armentrout



Beyond SLAW

CABBAGE STARS IN FOUR FRESH FALL SALADS.

BY LAURA B. RUSSELL



Cabbage is the stalwart of the kitchen. Cheap, easy to find, and incredibly versatile, it's associated with slow-simmered comfort foods and coleslaw. But the same delightful raw crunch that's so appealing in coleslaw makes cabbage ideal for other salads, too, especially at this time of year when it's more seasonal and budgetfriendly than bagged salad greens. What's more, there are many wonderful ways to dress and flavor cabbage salads, and those thick leaves mean that these salads can be made and dressed ahead of time without wilting completely (although they will lose a little crunch).

Any type of head cabbage will do for these salads (in

fact, you can use them interchangeably). Just avoid loose, leafy varieties like Napa, which are a little more delicate and prone to wilting. I love garden-variety green and red cabbages, and often choose between the two based on color, knowing red is a little stronger flavored. Savoy is another common green head cabbage that has crinkly leaves perfect for soaking up dressing. All are so good in these hearty salads that you won't be thinking about coleslaw again until next summer.

Laura B. Russell is the author of the cookbook Brassicas. She lives in Portland, Oregon.

middle eastern savoy cabbage salad

Middle Eastern ingredients like lemon, yogurt, cumin, and coriander flavor a creamy dressing that crinkly Savoy cabbage soaks right up. It's a lovely accompaniment to grilled lamb. Use regular yogurt for the dressing; Greek yogurt is too thick. If you have extra dressing, use it as a dip for vegetables or to dress another small salad. Serves 4 to 6

- 1/2 small red onion, halved and thinly sliced
- 1 Tbs. extra-virgin olive oil
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 2 Tbs. fresh lemon juice
- 1 Tbs. finely grated lemon zest
- 2 tsp. honey

Kosher salt

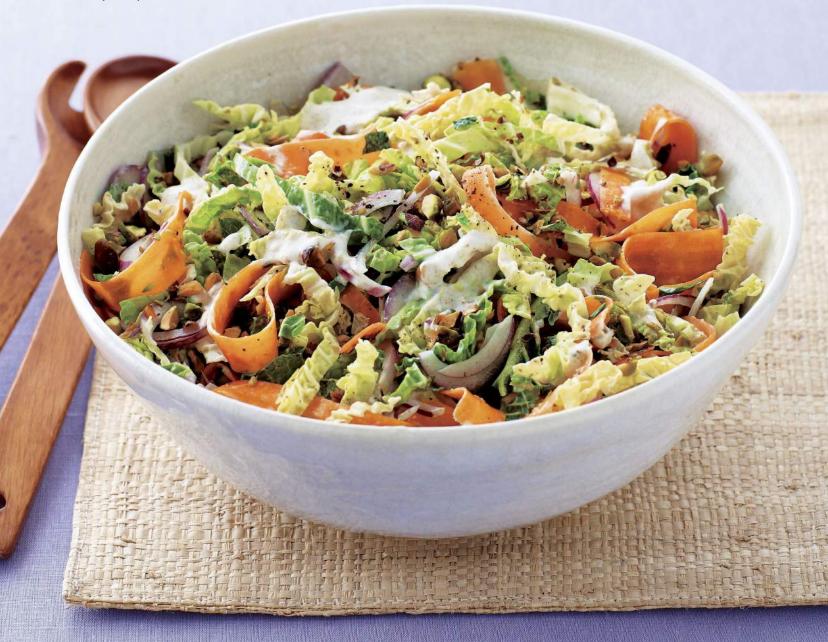
- 1 cup plain whole-milk yogurt (not Greek)
- 1 small head Savoy cabbage, halved, cored, and sliced crosswise into ¼-inch-thick ribbons (12 loosely packed cups)
- 2 medium carrots, peeled and shaved into ribbons with the peeler (about 2 lightly packed cups)
- 1/2 cup chopped fresh mint
- 14 cup chopped salted pistachios Freshly ground black pepper

Soak the onion in cold water to mellow it, about 20 minutes. Drain.

In an 8-inch skillet, heat the oil, cumin, and coriander over medium-low heat until the spices are fragrant, about 2 minutes. Let cool completely.

Add the lemon juice and zest, honey, and ½ tsp. salt to the spices in the pan and stir to combine. With a silicone spatula, fold in the yogurt until well combined.

Put the cabbage, carrots, mint, and onion in a large serving bowl. Toss the salad with about two-thirds of the dressing. Let sit for about 10 minutes to soften the cabbage. Sprinkle the chopped pistachios over the salad. Grind some black pepper over the top and then drizzle with more dressing to taste. Season to taste with additional salt and pepper, and serve.





green cabbage-apple-fennel salad

This monochromatic salad is stunning in its simplicity. The crisp texture and lemony punch make it a perfect partner for braised meats or grilled pork. Use a mandoline to shave the fennel and apple into ultra-thin slices. Serves 4 to 6

- 2 Tbs. fresh lemon juice
- 1 Tbs. finely grated lemon zest
- ½ tsp. Dijon mustard

Kosher salt and freshly ground black pepper

- 1/4 cup extra-virgin olive oil
- 1/2 medium head green cabbage, cored, halved lengthwise, and thinly sliced (about 6 cups)
- 1 green apple, quartered, cored, and thinly sliced
- 1 medium fennel bulb, halved, cored, and thinly sliced (about 2 cups)
- 3 oz. trimmed watercress, cut into bite-size pieces (5 loosely packed cups)
- 1/3 cup chopped toasted pecans

In a small bowl, whisk together the lemon juice and zest, mustard, ½ tsp. salt, and ¼ tsp. pepper. Slowly add the olive oil, whisking to emulsify.

Put the cabbage, apple, fennel, and watercress in a large serving bowl. Just before serving, gently toss the salad with the dressing. Season to taste with additional salt and pepper, sprinkle the pecans on top, and serve.

five-spice red cabbage salad

An intriguing combination of flavors and textures in this slightly sweet salad makes it hard to stop eating. Serve it with a mild white fish. Serves 4 to 6

- 1 small head red cabbage, halved, cored, and chopped into bitesize pieces (about 8 cups)
- 3 Tbs. mirin
- 2 Tbs. plain rice vinegar; more to taste
- 1 tsp. Chinese five-spice powder Kosher salt
- 1 avocado, cut into 1/4-inch dice
- 1 bunch scallions, thinly sliced (about 1 cup)
- ½ cup sliced almonds, toasted
- 2 Tbs. extra-virgin olive oil

In a large bowl, toss the cabbage with the mirin, rice vinegar, five-spice powder, and 1½ tsp. salt. Let sit for 15 minutes at room temperature, or refrigerate for 2 hours.

Season the avocado with salt. Add the avocado, scallions, almonds, and oil to the cabbage, and toss. Season to taste with salt and vinegar. Serve chilled or at room temperature within a few hours (it will lose its crunch as it sits).

HERITAGE CABBAGE

There are many, many types of cabbage, and at farmers' markets, you may encounter unusual heritage varieties. They'll also work wonderfully in any of these salads. Here are a few favorites worth trying, should you see them.

January King: This hardy, crinkly leafed, medium-size cabbage has gorgeous blue-green leaves that are peppered with bright bursts of magenta.

Filderkraut: Reminiscent of an elf's hat, these large pointed "sweet-

heart" cabbages are whimsical in appearance.

Kalibos: Also conically shaped, this vibrant red-hued beauty boasts crisp leaves and a tender sweet core, perfect for raw salads.





Cilantro, lime, and chili powder give this crisp salad a Mexican flavor. Toss in some Cotija, a crumbly cow's milk cheese, and you've got the ultimate taco topping. Serves 4 to 6

- ½ cup unsalted pepitas (pumpkin seeds)
- 41/2 Tbs. extra-virgin olive oil
- 1 tsp. chili powder Kosher salt
- 2 Tbs. fresh lime juice
- 2 tsp. finely grated lime zest
- 2 tsp. agave syrup or honey Freshly ground black pepper

- 1/2 medium head green cabbage, cored, halved lengthwise, and thinly sliced (about 6 cups)
- 1 small red bell pepper, thinly sliced (about
- 6 scallions, thinly sliced (11/2 cups)
- jalapeño, thinly sliced
- ½ cup cilantro leaves
- 3½ oz. (¾ cup) crumbled Cotija or ricotta salata cheese

Put the pepitas in a small skillet over mediumlow heat. Cook, stirring frequently, until the pepitas smell fragrant and start to brown, about 5 minutes. Stir in 1/2 Tbs. of the oil, 1/2 tsp. of the chili powder, and 1/4 tsp. salt. Set aside to cool.

In a small bowl, combine the lime juice, lime zest, agave, the remaining 1/2 tsp. chili powder, ½ tsp. salt, and ¼ tsp. black pepper. Use a fork to whisk in the remaining 4 Tbs. oil. Set aside.

In a large serving bowl, combine the cabbage, bell pepper, scallions, jalapeño, and 14 cup of the cilantro. Add the vinaigrette and toss well. Add the remaining 1/4 cup cilantro, cheese, and half of the spiced pepitas, and toss to combine. Serve topped with the remaining pepitas.

Heritage Turkeys

What are they? Are they worth the money? And do they taste good?

BY MOLLY STEVENS



More than 10 years ago, I cooked my first heritage turkey for Thanksgiving. I had been seeing the term pop up in the food press and on some chefs' menus, and I was curious to know more about it. A heritage turkey is one of a dozen or so old varieties of turkey as listed by the Livestock Conservancy—an organization dedicated to protecting endangered livestock and poultry breeds from extinction—with a slow-growth rate, the capacity to live a long outdoor life, and the ability to breed and reproduce. Some of the most popular heritage turkey varieties are Bourbon Red, Narragansett, Standard Bronze, and Black. But heritage birds make up just the tiniest fraction of turkeys raised in the U.S. That's because 99% of the 300 million turkeys sold each year are genetically identical Broad Breasted Whites. To counter this monoculture, the conservancy launched an initiative in 1997 with marketing support from Slow Food USA to try to protect the American turkey's genetic diversity. Their goal? To create market demand for these older breeds. In other words, to save them, we have to eat them.

A different shape and flavor

Heritage turkeys are still not widely available, but if you saw one at your supermarket, it would look different from what you're used to seeing. The more common Broad Breasted Whites, a variety cultivated after World War II to cater to both the advent of modern factory farming and the growing consumer demand for larger

birds and more white meat, look roundish with thin, pink skin and generously plump breasts. By contrast, a heritage turkey is more elongated with drumsticks that are a good 1 to 2 inches longer, extending well beyond the tip of the breast. Its skin is thicker and firmer than that of a mass-market bird, which makes it less likely to tear or split. You'll also find large deposits of firm, pristine subcutaneous fat around the

neck opening—a sign that the turkey lived much of its life outdoors and developed fat stores to stay warm.

As for flavor, it's hard to generalize about all heritage birds, but their slower growth rate (heritage birds take 6 to 7½ months to reach market weight; factory birds get there in 4 months or less) translates into a finer-textured, denser, richer-tasting meat, with an equal ratio of dark to light.

But that rich-tasting meat comes with a steep price tag. Factory-farmed turkeys sell for between \$1 and \$2 per pound, while a heritage turkey runs \$7 to \$8 per pound. (Humanely raised organic and free-range Broad Breasted Whites fall somewhere in between.)

The real costs of these birds

The reasons for the high price for heritage turkey include the amount of work it takes to raise them and their slower growth rate. But the main cause is the higher cost of everything from feed to processing for the smaller scale farmer. Whether they're worth it is a complicated question to answer.

For one thing, the price tag on factory-farmed Broad Breasted Whites is kept artificially low, since producers

Beware of fakes

Some breeders crossbreed true heritage birds with Broad Breasted Whites to produce faux-heritage turkeys that look like a cross between the two and are a bit cheaper to raise. There's nothing inherently wrong with these birds; you should just know what you're paying for. If you're unsure, check the list of true heritage turkey breeds at livestockconservancy.org.

make their real profits on the millions of pounds of deli meat and other forms of processed turkey. And then there's the issue of the cost to the birds themselves: Bred for excessively large breasts and for exceptional feed efficiency, they cannot fly or run. Their fast growth rate means frail bones, weak immune systems, and shortened life spans. They also can't reproduce on their own, which is why detractors call them "dead end" birds. Plus, maintaining genetic diversity, whether in turkeys, cattle, or pigs, helps guarantee a future with these animals in it, which for many people is well worth paying a premium.

So after trying my first heritage turkey all those years ago, did I switch to cooking one every year at Thanksgivings since? Honestly, no. While I recall being impressed with the taste and texture of the one I cooked-and there were surely no complaints—that bird was not a game changer flavorwise for me or my family.

The next year, I went back to ordering our usual fresh, nonheritage turkey humanely raised on a nearby small-scale farm. But writing this article has gotten me thinking about cooking a heritage bird again this holiday season. After all, its deep, rich flavor is much more like that of the wild turkeys present at the very first Thanksgiving, and genetic diversity is something we can all be thankful for.

Cooking teacher, writer, and Fine Cooking contributing editor Molly Stevens is the award-winning author of All About Roasting and other cookbooks. See what she's making this Thanksgiving at mollystevenscooks.com. □

How to buy and cook a heritage turkey

Make this the year you try a heritage bird by following the tips for buying and cooking below.

ORDER AHEAD

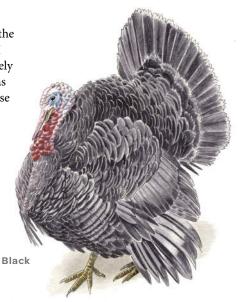
If you want to serve heritage turkey for Thanksgiving (or for any special dinner this holiday season), plan for it. Many farms rely on pre-orders to be able to afford the care and feeding of these birds, so if you wait until the last minute, you may be out of luck. To avoid pricey shipping costs, do an online search for farms or markets carrying the birds in your area.

BUY MORE THAN YOU THINK YOU NEED

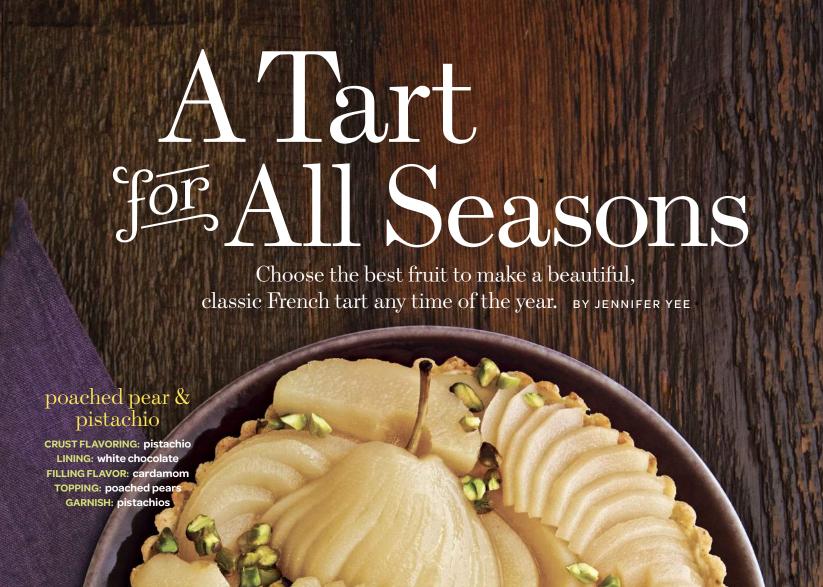
Heritage turkeys range from 12 to 25 lb., and because their bones are heavier, count on 11/2 lb. per person compared to about 1 lb. for a conventional bird. In other words, expect a 12-lb. heritage turkey to feed about eight people. Keep in mind that you'll have as much dark meat as light meat, too.

COOK IT GENTLY

Because of its more elongated shape, a heritage turkey cooks a little more quickly than a broadbreasted bird, so the biggest danger is overcooking. The simplest approach is roasting it unstuffed at moderate heat (350°F) until the internal temperature of the thigh meat reaches 155°F. This is lower than regular turkey temps, but it's safe and helps guarantee that the meat will be moist and juicy. If you're a briner (I am), then by all means go ahead and brine. My absolutely favorite way to cook a heritage turkey (or any turkey, for that matter) is to separate the breast from the legs, then roast the breast at a moderate temperature, and either braise or slow-roast the legs and thighs until they are succulent and falling-off-the-bone tender.









MAYBE IT'S BECAUSE I STUDIED ARCHITECTURE BEFORE BECOMING A PASTRY CHEF, BUT FASHION-ING FRUIT TARTS IS ONE OF MY FAVORITE THINGS TO DO. Good thing, too, because we always feature these gorgeous tarts in our bakery showcase, and because they're behind glass, they must attract the eye before enticing with taste or aroma. Of course, once someone buys a tart for its good looks, it needs to deliver on flavor, which is why I surround the fruit with a light, creamy filling and a crust that's sweet but not so sweet that it overshadows the fruit. I never tire of making these traditional tarts because fresh fruit varies from season to season, and I can tweak the filling and the crust to create all kinds of flavor combinations. By following the steps on these pages, you can, too.

Jennifer Yee is pastry chef at Lafayette Grand Café & Bakery in New York City.

french fruit tart

Fresh fruit tarts are not difficult to make, but with something so simple, each element has to be perfect. This is especially true of the fruit itself. Fortunately, this recipe offers the flexibility to use whatever fruit is at its seasonal peak. Yields one 91/2- to 11-inch tart, plus enough dough for a second tart

STEP 1

MAKE THE DOUGH

This buttery dough makes a crisp cookie-like crust that's delicious as is or can be enhanced with one of the flavoring options below. The recipe makes enough for two tart crusts; use one now and freeze the other for a delicious tart in your future.

- 10 oz. (21/4 cups) all-purpose flour (less if making one of the variations); more for dusting
- 31/2 oz. (3/4 cup plus 2 Tbs.) confectioners' sugar
 - 6 oz. (12 Tbs.) cold unsalted butter, cut into 1/2-inch pieces
 - 1/4 tsp. kosher salt Crust flavoring of your choice (optional)
 - 2 large eggs, 1 separated **Cooking spray**

In a stand mixer fitted with the paddle attachment, combine the flour, sugar, butter, salt, and your choice of crust flavoring, if using. Mix on low speed until the butter begins to break up, about 1 minute. Increase the speed to just below medium and continue beating until the mixture looks sandy with butter pieces the size of tiny pebbles, about 2 minutes more.

Turn the mixer off and add the whole egg and egg yolk (reserve the remaining white for Step 2). Mix on low speed until incorporated. Increase the speed to medium and mix just until the dough pulls away from the sides of the bowl, about 30 seconds. Do not overmix.

Divide the dough in half, press each half into a disk about 4 inches across, and wrap in plastic. Refrigerate 1 disk for at least 3 hours and up to 24 hours. (Freeze the other disk for up to a month; thaw in the refrigerator before using.)

CRUST FLAVORINGS (CHOOSE 1)

Chocolate: Replace 1% oz. of the flour with the same amount of sifted cocoa powder, preferably Dutch process, and double the salt to ½ tsp. You may need to mix it up to 1 minute longer to incorporate the cocoa. Nut: Replace 1¼ oz. of flour with 1¾ oz. nut flour, such as almond, pistachio, hazelnut, or coconut. These nut crusts may darken faster due to the higher fat; in Step 2, after removing the pie weights and parchment, bake until dry, checking every 3 minutes to keep an eye on color. Cornmeal: Replace 2½ oz. of the flour with the same amount of finely ground cornmeal.

STEP 2

SHAPE AND BAKE THE CRUST

Brushing the crust with egg white and baking it briefly creates a barrier that keeps the crust from becoming soggy when filled.

Lightly flour a work surface and a rolling pin. Spray a 9½- to 11-inch fluted tart pan with a removable bottom with cooking spray.

Working quickly, roll the dough disk into a 1/8-inchthick round. Transfer the dough to the tart pan and gently coax it into the pan, allowing the excess dough to hang over the sides. Roll the rolling pin over the top of the pan to cut off the excess dough. Patch any tears or cracks with the scraps. Refrigerate the crust for at least 20 minutes or freeze for 10 minutes.

Meanwhile, position a rack in the center of the oven and heat the oven to 375°F.

Line the crust with parchment paper and fill it to the very top with beans or pie weights. Bake until the edges are golden, 18 to 20 minutes. Carefully remove the weights and paper. Bake until the center of the crust looks dry and is just beginning to color, about 5 minutes.

Beat the reserved egg white from Step 1. Brush the inside of the crust with some of the egg white (you won't need it all) and return the crust to the oven until the egg white has dried, about 2 minutes. Cool completely on a rack.

STEP 3

LINE THE CRUST (OPTIONAL)

If you'd like another layer of flavor, line the crust with one of these choices. Chocolate and nut butter linings also act as an additional moisture barrier for the crust.

Tart lining of your choice

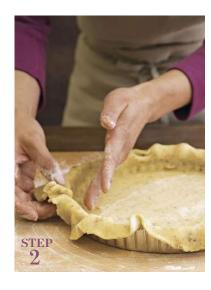
Brush the interior of the cooled crust with your choice of tart lining, if you like. If using chocolate, let it set for a few minutes in the fridge before proceeding.

TART LININGS (CHOOSE 1)

Chocolate: 1 oz. melted white, milk, or dark chocolate

Banana: 1 ripe banana, mashed with the finely grated zest and juice of ½ lime

Nut: 3 Tbs. nut butter, such as peanut, almond, or cashew







STEP 4

MAKE THE PASTRY CREAM

The filling for the tart starts with a traditional pastry cream. Combining some of the sugar with the eggs helps protect them from scrambling when the hot liquid is poured in. The sugar in the milk, meanwhile, raises the boiling point of the liquid, making the whole cooking process go faster.

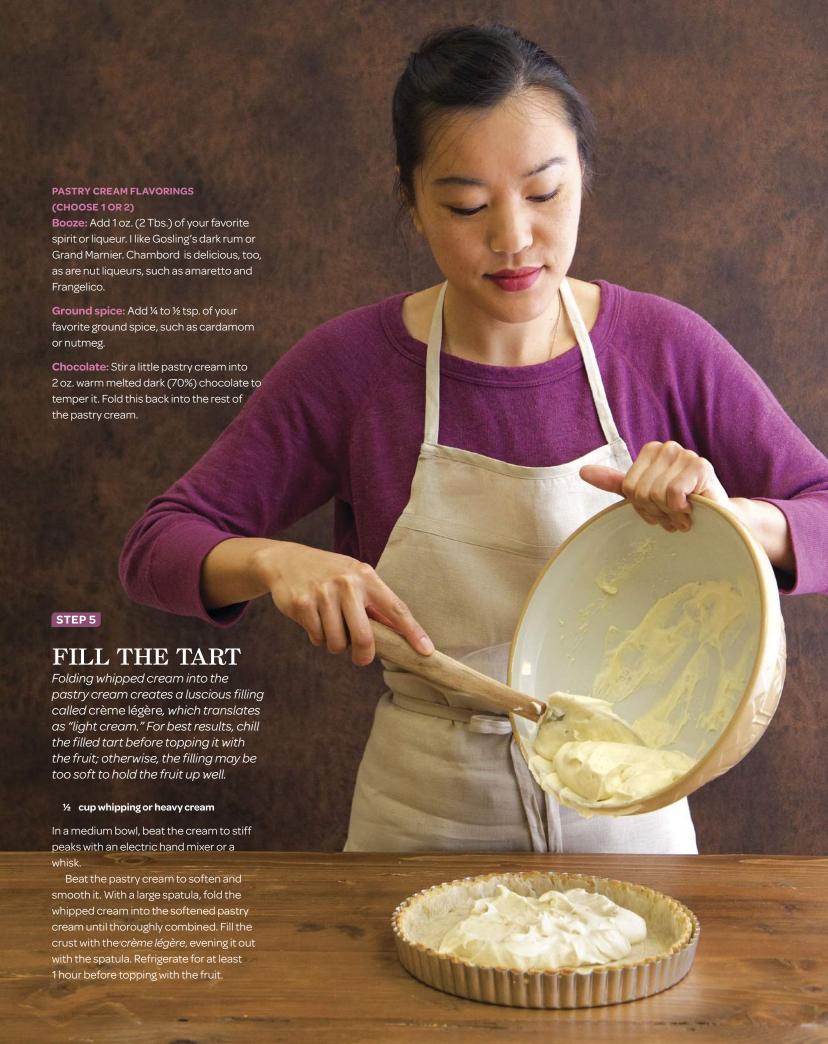
- 1 cup whole milk
- cup granulated sugar, pure maple syrup, or honey
- 1/2 vanilla bean or 1/2 tsp. pure vanilla extract or paste
- 1 large egg
- 1 large egg yolk
- 1½ Tbs. cornstarch
 - Tbs. unsalted butter, cut into 1/2-inch pieces

Flavoring(s) of your choice (optional)

Combine the milk and 2 Tbs. of the sugar, maple syrup, or honey in a 3- to 4-quart saucepan. If using a vanilla bean, split it and scrape the seeds into the milk, then add the pod. Bring to a boil, stirring occasionally, about 5 minutes. Remove the vanilla bean pod, if using.

Meanwhile, in a medium heatproof bowl, whisk the remaining 2 Tbs. sugar, maple syrup, or honey with the egg, egg volk, and cornstarch until smooth, about 1 minute. Whisk half of the hot milk into the egg mixture until combined. Off the heat, whisk the contents of the bowl back into the remaining milk in the saucepan.

Cook over medium heat, whisking constantly, until the mixture reaches a boil; it will thicken. Continue to cook for another minute past the boil, whisking constantly. Off the heat, whisk in the butter, vanilla paste or extract, if using, and your choice of flavoring(s), if using. Strain the pastry cream through a medium-mesh sieve into a medium heatproof bowl. Cover with plastic wrap pressed onto the surface of the pastry cream to prevent a skin from forming. Refrigerate until cold, at least 2 hours and up to 3 days.





STEP 6

TOP THE TART

This is where you get to let your creativity shine. Almost any fruit is fair game, and a mix is always fetching. Exact amounts will vary; you just need enough to cover a tart. Look left for tips on making pretty tarts, then use the top of the tart as your canvas. For more inspiration, turn the page to see some of my favorite ways to top tarts.

Fresh or cooked fruit of your choice

Arrange the fruit on top of the filling. Note that because the filling is soft, you'll need to work quickly while the filling is cold and more firm. Because it's hard to move the fruit once it's on the filling, you may want to practice your pattern on an empty sheet pan before placing it on the tart.

FRESH FRUIT

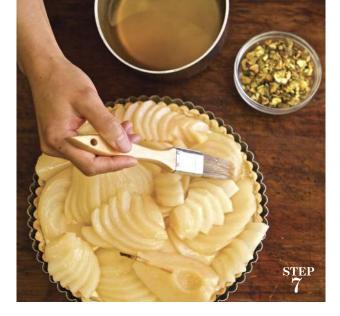
Apricots, bananas, blueberries, blackberries, figs, grapefruit, kiwis, mangos, peaches, plums, pineapple, raspberries, oranges, or strawberries; peeled, diced, or sliced as needed

COOKED FRUIT

Microwaved apples: Cut the cheeks off 3 or 4 apples (I like "mountain rose" apples) and slice the cheeks very thinly. Evenly spread the slices onto a microwave-safe plate and microwave in 30-second intervals until soft and pliable, about 2 minutes. Let cool slightly before handling. (To learn how to make rosettes, see Test Kitchen, page 98.)

Poached pears: In a deep, narrow 4- to 5-quart pot, combine one 750ml bottle of dry white or red wine with ½ cup granulated sugar or honey, 2 whole (3-inch) cinnamon sticks, 2 whole star anise, 2 (3-inch) strips of lemon zest, and the juice of 1 lemon. Stir to distribute the sugar. Add 11/2 lb. peeled, halved, cored, and sliced firm-ripe **pears.** (I like smaller varieties, such as Seckel and Forelle.) Bring to a simmer over medium heat and cook for 5 to 10 minutes. Lower the heat and cover the pears with a circle of parchment and a plate to keep them submerged. Continue cooking until the pears give just a little resistance when pierced with a paring knife. (They will continue to cook a little more as the liquid cools.) Let cool completely, submerged in the liquid, then chill in the fridge for at least 4 hours. Remove the pears from the liquid and drain on paper towels before slicing and topping the tart with them.

Caramelized bananas: Cut 4 medium bananas into 1/2-inch-thick slices and arrange on a large foil-lined baking sheet. Working in batches of 5 to 8 slices of banana, sprinkle the top of each slice completely with granulated sugar. With a kitchen torch, heat the sugared top until caramelized.



STEP 7

GLAZE AND GARNISH THE TART

Glazing the fruit gives the tart a professional look and protects the fruit from drying out, discoloring, or wilting. At the bakery, we use a flavorless commercial glaze, but a little jelly loosened with a bit of water or wine adds sheen without adding much flavor. For more flavor and texture, finish with one of the garnishes below.

- 14 cup apricot or apple jelly
- 2 Tbs. water or white wine Garnish(es) of your choice (optional)

Put the jelly and water or wine in a small saucepan. Simmer and whisk together to form a smooth glaze. Allow to cool slightly. Brush it on the exposed fruit, being careful not to pull up the cream filling from below. Garnish the tart with any hardy garnishes, such as nuts or chocolate shards. Refrigerate the tart until ready to serve. Serve the tart cold, within 6 hours of topping. If garnishing with flowers or herbs, do so just before serving.

GARNISHES (CHOOSE UP TO 2)

Sliced or chopped nuts

Chocolate shards

Delicate herbs, whole, chopped, or sugarcoated (see Test Kitchen, page 95)

Toasted coconut

Edible flowers

Confectioners' sugar

tiny tarts

You can make four 41/2-inch (or more smaller) tarts from one batch of filling and one dough disk. Reduce the baking time for the crusts, and fill the crusts two-thirds full.













Tips/Techniques/Equipment/Ingredients/Glossary





TECHNIQUE

A better butter log

Shaping flavored butter into a log lets you slice off nice round pats. Rolling it evenly can be a little tricky, which is why we turn to a straightedge for help.



Plop the soft butter down the center of a sheet of plastic wrap.



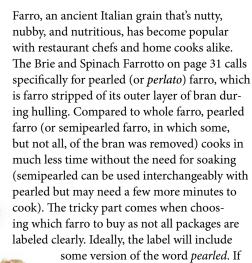
Fold one end of the sheet over the butter. Hold a ruler (or other hard straightedge) against the wrap over the butter, and pull on the lower piece of plastic to produce even pressure that will squeeze the butter into a uniform log.



Grip the ends of the plastic and twist them in opposite directions. Tuck them under the butter log to secure it. Chill and slice as needed, or freeze for up to 3 months.



Pearled farro



not, check how long it takes to cook. If it's 30 minutes or less, with no soaking re-

quired, it's likely pearled.

-Sarah Kraver

KITCHEN MATH

WHAT SIZE TURKEY?

When it comes time to buy the holiday bird, even the most experienced cooks feel stumped by this question. The chart below will help you figure it out, no matter what recipe you use this Thanksgiving.

-Joanne Smart

Turkey weight (in pounds)	Average servings	Servings with leftovers
12	12	8
14	14	9
16	16	10
18	20	12
20	22	14



TASTING PANEL

Canned chickpeas

Two of the weeknight-friendly recipes in this issue call for canned chickpeas, so we decided to hold a blind taste test to see which widely available brands we liked best. One thing we all agreed on was that Eden Organic looked the best. The chickpeas were intact and nicely colored, but because they're saltfree, they tasted bland in comparison. When it came to flavor, editor Jennifer Armentrout preferred Sclafani, finding them the cleanest tasting, while senior editor Layla Schlack and I thought Goya Organic had the deepest chickpea flavor.

Since most recipes using chickpeas include lots of other flavorings for the chickpeas to soak up, any of these brands would work well in these dishes. Another option is to cook up a big batch of dried chickpeas and freeze them in small quantities so they're ready to use in quick-cooking meals. With home-cooked chickpeas, you have more control of the flavor, texture, and even salt content. For a recipe for tender, creamy chickpeas, go to Fine Cooking.com/extras.

—J.S.



To prepare for the photo shoots for the tart feature on page 86 and the front cover, I had to make a lot of tarts. In doing so, I turned to a tart tamper. Usually made of wood with rounded ends of different sizes, this tool comes in handy when fitting dough into and up the sides of a tart pan. I also find it useful for pressing cookie-crumb crusts into a pan and when making tarts in mini-muffin tins; for the latter, I simply press the tart tamper into a ball of dough in the tin, and the dough practically shapes itself. But it's got other uses, too. I'll grab it for crushing spices, cookies, or nuts, or to muddle a cocktail. You can find this inexpensive tool at kitchen stores or see Where to Buy It, page 100, for a mailorder source.

-Ronne Day



Temping a steak

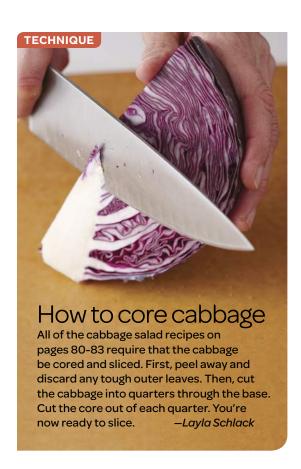
Most of the time, when we take the temperature of a food, we stick the thermometer in vertically. Think beef roast or pork loin. But with steaks, especially thin ones, you'll want to come in from the side. This way, you can insert the probe deep enough to get an accurate temperature. (Some thermometers have a divot on the probe showing you how deep it needs to go.) This sideways method also works well for burgers, fish steaks, and chicken breast. -R. D.



INGREDIENT

Sumac

Ground from the dried berries of the sumac plant, this Middle Eastern spice imparts a unique tart and tangy flavor to the dressing used for the cauliflower and arugula salad on page 30. Often used as a substitute for lemon juice in recipes that don't need or want the additional acid, it's also delicious on fish, chicken, fruit, and meat. Because of its growing popularity, sumac is becoming more available; look for it in specialty food stores and even some well-stocked supermarkets (or see Where to Buy It, page 100). When buying sumac, look for a deep red or burgundy color. And no, it's not the same sumac that causes an itchy rash, although the plants are indeed related. —S.K.





TECHNIQUE

Fashioning flowers from fruit

To decorate a fruit tart with apple rosettes, as Jennifer Yee did on page 93, first microwave the apple slices as directed on page 91 to make them malleable, and then get rolling.





Start by rolling a small slice of apple tightly, making sure the peel is on top.



Wrap a second slice around the outside of the first.



Continue in this manner, adding larger slices all the way around and making sure the new "petals" cover the seams.



Once you have the size you like, place it on the tart. If the rosette unwinds and leaves a gap in the center, roll up a small slice and place it inside.

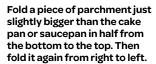
TECHNIQUE

Making parchment rounds

When poaching foods like the pears for the fruit tart on page 86, it's a good idea to use a parchment round to keep the food covered and submerged. Parchment rounds are also handy for lining cake pans. You can buy them pre-cut, but it's easy to make them yourself. -J.A.









Fold the lower left corner up to make a triangle; don't worry about the excess at the top.



Fold again in the same direction to make a thinner triangle.



Hold the tip over the center of your cake pan or saucepan, position a pair of scissors just inside the rim of the pan, trim off the excess, and unfold.





805 218 3241 www.BellaCopper.com





WHERE TO BUY IT



Floral-vegetable arrangements by professional floral designer Loretta Stagen, who creates flower arrangements for corporate events, weddings, concerts, and theater stages, lorettastagen .com, 203-323-3544.



Blue ceramic vases, \$16.99 and \$21.99, from Shakespeare's Garden, shakespearesgarden.net, 203-775-2214.



Juliska Colette blue dessert bowl, \$26, from Middlebury Consignment, Middlebury, CT, 203-528-0130, or juliska.com, 888-414-8448.

From Bantam Tileworks, Bantam, CT, bantamtileworks .com, 860-361-9306;

- Large porcelain gray oval platter, \$60.
- Small porcelain blue oval platter, \$28.
- Blue porcelain square plates, \$15 each.
- Small blue porcelain bowls, \$10 each.



- Forge de Laguiole turkey carving set, in juniper wood with polished-brass fittings, available by special order.
- Sabre "Gustave" flatware, 5-piece place setting in Pearl, \$95.
- Antique oval baking dish, copper-lined, one-of-a-kind from an assortment of antique copper cookware.



From The Pantry, Washington Depot, CT, 860-868-0258:

- Arte Italica Burano lace shallow serving bowl, \$135.
- Harold Import Company gravy boat, \$7.95.



beyond slaw, p. 78

- Gleena oval divided platter by special order from info@gleena.com.
- Large stoneware white crackle salad bowl, etsy.com/ shop/lesliefreemandesigns.com, \$84.

From Middlebury Consignment, Middlebury, CT, 203-528-0130, or juliska.com, 888-414-8448:

- Juliska Bamboo medium serving bowl, \$95.
- Juliska Le Panier Whitewash 11-in. square serving bowl, \$75.

the big cheese, p.56 Sabre butter spreader, \$17 each, New Preston Kitchen Goods, 860-868-1264.

From stinkybklyn.com, 718-596-2873:

- Bianco Sardo cheese, \$9 for
- Taleggio cheese, \$12 for 8 oz.



sheet pan suppers, p.50

From kingarthurflour.com, 800-827-6836:

- Half-sheet pan, \$19.95.
- Half-sheet parchment paper, \$12.95 for 50 sheets.

test kitchen, p. 95

- Pearled farro, \$5.39 for 12 oz., vitacost.com, 800-381-0759.
- Sumac, \$4.25 for 1 oz., spicejungle.com, 888-261-3384.
- Tart dough tamper, \$6, surlatable.com, 800-243-0852.



• Whole star anise, \$5 for 4 oz., myspicesage.com, 877-890-5244.

3 ways with... pears, p.22

Oslo copper flatware, 5-piece place setting in matte copper, \$89.25, canvashomestore .com, 800-356-1617.



100 fine cooking \cdot oct/nov 2015



NUTRITION

Recipe	Calories (kcal)	Fat Cal (kcal)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Mono Fat (g)	Poly Fat (g)	Chol (mg)	Sodium (mg)	Fiber
CONCORD GRAPES, P. 19											
Lamb Chops with Concord Grape Sauce	710	470	33	22	53	22	22	4	160	390	1
PEARS, P. 22											
Pear-Prosciutto Rarebit	410	130	19	47	14	8	5	1	60	1290	4
Pear and Watercress Salad with Cashews	330	220	5	27	25	3.5	8	12	0	430	4
Pear and Dried Cranberry Clafoutis	320	160	5	37	17	10	5	1	125	75	3
MAKE IT TONIGHT, P. 25											
Quick Chicken Pho	560	110	55	55	12	3	4.5	3.5	120	610	2
Mini-Meatloaves with Chili Sauce	480	210	36	31	23	8	10	2	235	1240	3
Baked Sweet Potatoes with Coconut Curry Chickpeas	540	100	14	100	11	7	1	1	0	590	18
Roasted Cauliflower and Arugula Salad with Sumac Dressing	350	190	11	33	21	4.5	10	4	15	560	8
Cod with Pancetta, Artichokes, and Olives	340	140	32	13	16	2.5	9	1.5	75	1110	3
Pasta Shells with Spinach and Cannellini Beans	460	100	16	71	11	1.5	7	2	0	560	8
Bourbon-Chipotle Rib-Eye Steak	720	360	76	4	40	17	16	1.5	195	620	1
Brie and Spinach Farrotto	370	170	17	35	19	11	5	1.5	50	390	5
Black Pepper Acorn Squash	150	60	2	23	7	1	5	1	0	150	3
Roasted Brussels Sprouts and Pears	140	70	3	19	7	1	5	1	0	75	5
GOOD SPIRITS, P. 42											
Rye-Cheddar Fondue	200	140	10	3	15	9	4	0.5	45	260	0
MOVEABLE FEAST, P. 45	200	110	10	0	10			0.0	10	200	
Grilled Skirt Steak with Chimichurri	250	140	26	2	16	4	9	1	75	410	1
SHEET PAN SUPPERS, P. 50	250	140	20		10	4	9	'	/5	410	1
·	200	100	20	20	22	4.5	10	2	140	700	-
Curried Chicken Thighs with Cauliflower, Apricots & Olives	380	190	30	20	22	4.5	13	3	140	780	6
Roasted Salmon & Fennel with Pistachio Gremolata	490	240	46		26	4	14	6	100	540	8
Broiled Steak & Brussels Sprouts with Blue Cheese Sauce	590	340	47	12	38	12	21	3	115	390	5
Herbed Pork Tenderloin with Mustard-Roasted Apples & Potatoes	380	140	31	30	15	3	10	2	80	390	3
Broiled Shrimp & Broccoli with Spicy Peanut Sauce	320	120	35	13	14	2	3.5	2	215	810	4
FLAVORED BUTTERS, P. 56											
Popcorn Butter (per 1 Tbs.)	45	45	0	0	5	3	1.5	0	10	60	0
Oatmeal Cookie Butter (per 1 Tbs.)	50	35	0	3	4	2.5	1	0	10	0	0
Taleggio and Garlic Confit Butter (per 1 Tbs.)	60	50	1	1	6	3.5	2	0	15	55	0
Citrus and Sheep's Milk Cheese Butter (per 1 Tbs.)	45	40	1	0	4.5	3	1	0	15	45	0
Fall Herb Butter (per 1 Tbs.)	80	80	0	0	9	4	3.5	0.5	15	35	0
French Toast Butter (per 1 Tbs.)	80	60	0	6	6	4	1.5	0	20	85	0
MOUSSAKA, P. 62											
Moussaka	820	440	22	72	49	16	21	8	120	960	10
THANKSGIVING POTLUCK, P. 66											
Spiced Carrot-Pine Nut Soup	220	130	8	19	14	4.5	4	4	15	240	4
Citrus-Herb Roast Turkey & Gravy	660	260	83	4	29	12	10	5	310	1080	0
Bourbon-Mint Cranberry Sauce	180	30	1	34	3.5	0	2.5	0	0	0	4
Bread Stuffing with Sausage, Apples & Sage	350	170	13	35	19	6	7	2.5	65	720	4
Goat Cheese & Chile Corn Spoonbread	330	200	7	27	22	14	6	1	95	310	2
Mashed Potato Gratin with Manchego and Horseradish	310	160	7	31	18	11	3.5	0.5	45	780	3
Haricots Verts with Cream, Mushrooms & Crisp Bacon	140	80	5	12	9	5	2.5	0.5	25	390	4
Hot Buttered Rum Apple Cider	250	100	0	19	11	7	3	0	30	20	0
Apple-Pear-Cherry Pie	400	150	4	61	17	10	4.5	0.5	55	60	5
CABBAGE SALADS, P. 78											
Middle Eastern Savoy Cabbage Salad	130	60	5	15	7	1.5	3.5	1.5	5	180	5
Green Cabbage-Apple-Fennel Salad	170	120	2	12	13	1.5	9	2.5	0	150	4
Five-Spice Red Cabbage Salad	190	120	4	15	13	1.5	9	2	0	320	5
Green Cabbage Salad with Spiced Pepitas	260	180	8	12	21	5	11	3.5	15	410	4
FRUIT TARTS, P. 86											
Poached Pear & Pistachio Tart	420	200	6	51	22	12	7	2	120	65	3
Blackberry-Elderflower Tart	390	180	6	47	20	12	6	1.5	120	65	4

The nutritional analyses have been calculated by a registered dietitian at Nutritional Solutions in Melville, New York. When a recipe gives a choice of ingredients, the first choice is the one used. Optional ingre-

dients with measured amounts are included; ingredients without specific quantities are not. Analyses are per serving; when a range of ingredient amounts or servings is given, the smaller amount or portion

is used. When the quantities of salt and pepper aren't specified, the analysis is based on ¼ tsp. salt and ¼ tsp. pepper per serving for entrées, and % tsp. salt and % tsp. pepper per serving for side dishes.



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MAKE AHEAD: Can be completely prepared ahead (may need hands-off cooking, baking, or reheating to serve)





What to drink with what's in this issue

Select recipes in this issue include pairings by our drinks editor, Patrick Watson. Pairings and bottle recommendations for all recipes are included in our digital tablet edition, free to print subscribers.

with Blue Cheese Sauce.....**53**

